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O'Brien acquitted on charges

In hour-long reading, judge dismisses two counts of influence peddling against mayor

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

During some of the lowest points of his three-month trial, Mayor Larry O'Brien would get a lift from Ottawa residents who would approach him on the street, shake his hand and offer their support.

"Anytime I was starting to get a little down, the people of Ottawa really came across with lots of kindness," said O'Brien, who was greeted with a round of applause as he exited the courtroom, shortly after Judge Douglas Cunningham dismissed the two criminal code charges against him yesterday.

"I just wanted to thank many of my colleagues and many of the people of Ottawa for their support and encouragement. I will never forget that in my life."

O'Brien said he didn't allow himself to interpret the outcome as positive until more than halfway through Cunningham's hour-long reading of his decision, but as he got closer to the end, O'Brien could literally feel a weight lifted off of him and his family members.

Following the verdict, O'Brien said he is going to savour the feeling and is looking forward to getting back to work.

After three months away from city hall, he said there are many issues to get caught up on, like securing funding for the rapid transit network and the redevelopment of Lansdowne Park.

However, O'Brien said he's unsure how things will go now that the criminal code charges are behind him.

"Going through something like this is a bit of a life-changing event in terms of how you perceive things. We'll just have to wait and see," he said.

"The way I feel about it today will be different in a month, and quite different in six months. I think I need to give myself time to digest what my family and I have gone through."
Mayor Larry O'Brien

Before the trial, O'Brien had stated that he intended to run for another term, but yesterday he said he wanted to take some time before committing to run again.

He said the trial was a very dehumanizing process and he needed some time to put it into perspective.

"The way I feel about it today will be different in a month, and quite different in six months," he said. "I think I need to give myself time to digest what my family and I have gone through."

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MIKE CARROCCETTO/FOR METRO OTTAWA

Mayor Larry O'Brien, centre, gets into a waiting car after the verdict was delivered yesterday at the Elgin Street courthouse. Two influence peddling charges against O'Brien were dismissed yesterday in a ruling by Judge Douglas Cunningham. More, page 3

Mistake possibly made, but no crime: Judge

TRACEY TONG
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After reading a 21-page written decision in a packed room at the Ottawa Courthouse yesterday, Judge Douglas Cunningham dismissed both charges against Mayor Larry O'Brien.

O'Brien was found not guilty on two charges of influence peddling which stemmed from allegations that he had offered to help Terry Kilrea obtain a position on the National Parole Board in exchange for Kilrea withdrawing from the mayoral campaign.

Cunningham said O'Brien may have made a rookie mistake, but "it is not an offence to want an opponent to withdraw from a political race, nor is it an offence to encourage an opponent to seek alternative employment," he said. "Were this an offence, there would be a need for many more jails."

During the trial, O'Brien's defence lawyer Michael Edelson had attempted to portray Kilrea as an unreliable witness who gave inconsistent testimony. Cunningham agreed, saying that evidence supported O'Brien's version of the story that the appointment was a dead issue after their initial July 12, 2006, meeting.

"Were this an offence, there would be a need for many more jails."
Justice Douglas Cunningham

"Undoubtedly Mr. O'Brien wanted Mr. Kilrea to withdraw from the race," Cunningham said. "I have no doubt he encouraged Mr. Kilrea to pursue an appointment. I am unable to conclude beyond a reasonable doubt that he committed a criminal offence … Both charges are dismissed," he said, as the courtroom erupted in applause.

O'Brien, accompanied by his wife, Colleen McBride, later emerged from the courthouse smiling.

"I regret that we had to go through that, but quite frankly it was important for me to take this battle and have the truth come out so that I can look my two boys in the eyes and say their family name is still what it was before," he told reporters.

"I am hoping that we can now put this bad ordeal behind us and move forward because there are 141,000 people in the city of Ottawa who voted for me to get to work and that's what I plan to do."

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Mayor's acquittal good for business: Ottawa Chamber of Commerce
Mayor Larry O'Brien's acquittal is good for Ottawa and its local economy, the Ottawa Chamber of Commerce said yesterday. "It is very important to have this matter behind us as we enter the fall business cycle," said executive director Erin Kelly. METRO OTTAWA

Local

Parking lot open for motorcycles

The city recently opened its first designated parking area for motorcycles and scooters in the centre of the ByWard Market. Municipal lot 4 — just north of the Market Mall building — now has a specially designed, half-priced parking area on the ground level for 31 motorcycles and scooters to make it cheaper and easier for riders to visit Ottawa's main tourism and entertainment district. METRO OTTAWA

Application process for funds dooms infrastructure stimulus: MP

MJ DESCHAMPS
for Metro Ottawa

ECONOMY A new Canada-Ontario infrastructure stimulus fund for the not-for-profit sector is designed to fail due to its application process, according to Ottawa Centre NDP MP Paul Dewar.

As part of its Economic Action Plan, the Government of Canada announced on July 28 the creation of a national $4-billion Infrastructure Stimulus Fund aimed at getting shovels in the ground for Ontario infrastructure projects in the next two years.

The application process, however, is overcomplicated, said Dewar.

The application deadline is Aug. 18, giving not-for-profit organizations less than a month to apply for the funding.

"Community organizations need access to these funds to address years of deferred maintenance or build much-needed new facilities," Dewar wrote in a letter to federal Transport Minister John Baird last Friday, asking for an extension on the application.

Many eligible organizations are not aware of the existence of the fund, and due to vacation leaves and a very tight deadline, many community organizations have found it unrealistic to apply, Dewar said.

Mayor back to business at city hall

O'Brien has 3 weeks to settle into usual routine before next council meeting

TIM WIECLAWSKI
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Acting Mayor Doug Thompson and Deputy Mayor Eli El-Chantiry will be handing the duties back to Mayor Larry O'Brien this morning, and it will be busy as usual at city hall.

"We have a lot of files to move forward on. Larry was duly elected by a large majority. He is the mayor and it's great to see him back in his position where he should have been," said Thompson. "He's been through the judicial system. He's been found not guilty, so he's ready to move on."

El-Chantiry said he was happy the charges against O'Brien were dismissed.

"I'm pleased we're moving forward in our life and things are getting back to normal. I'm sure the mayor is relieved as well," he said.

O'Brien will have around three weeks to settle in before the agenda gets back into full swing at 110 Laurier Ave. There is a planning and environment committee meeting on Aug. 25, but the next full council meeting is not until Sept. 2.

"I'm pleased we're moving forward in our life and things are getting back to normal."
Deputy Mayor Eli El-Chantiry

Councillors Jan Harder, Bob Monette and Rob Jellett, as well as Thompson, were in the courtroom as the verdict was read.

Jellett said now that the trial is over, he hoped they could get back to trying to improve the city.

The clarity and forcefulness of Justice Douglas Cunningham's decision should help O'Brien's credibility as he returns to his post, said Coun. Rainer Bloess.

"The onus is on him to lead council very quickly, to spell out his views of where we're going on the last year or so of this mandate and show the leadership he was elected to provide," said Bloess.

The Ottawa and District Labour Council was the initial complainant in the case that lead to the charges.

ODLC president Sean McKenny predicted the mayor still has a "tough haul" ahead of him.

"This isn't the only thing that has been hanging over his head," said McKenny. "We've got elections coming around in about 15 months, and we'll see what happens between now and then."

Defence attorney reflects on 'very complex case'

TRACEY TONG
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COURT Fresh from a victory in one of the highest-profile court cases the city has ever seen, defence lawyer Michael Edelson said Mayor Larry O'Brien showed "determination" and "gumption" during what he called "a very complex case — one of the most complex cases we've ever had to piece together."

The defence team reviewed 30,000 emails on a hard drive and spent hours reviewing new notes and disclosures during the case, which "constantly evolved."

His weeklong cross-examination of Terry Kilrea, he said, was meant to be the blueprint for the final submissions, which he said they hoped the judge would adopt in his final decision.

"One of the central elements of cross-examination is to try to determine the psychology of people," Edelson said.

MIKE CARROCCETO/FOR METRO OTTAWA

In retrospect, Mayor Larry O'Brien's defence attorney Michael Edelson said the case was "one of the most complex cases we've ever had to piece together," involving the review of over 30,000 emails and new notes and disclosures.

In this sense, Edelson said he was helped significantly by the media, and because Kilrea was always in the news, "this tended to envelop Mr. Kilrea in a certain atmosphere."

Edelson said he believed that because Kilrea appeared to want to keep his name in the press, it helped the defence's case and may have had a significant impact on the way the judge considered Kilrea's credibility.

As far as putting his own client on the stand, Edelson said it was "not a difficult decision."

The statement by O'Brien, made at the time to the police, "was clear and unequivocal," he said.

"And the judge found he accepted Mr. O'Brien's statement time and again and preferred his evidence to the statement of Mr. Kilrea."

Edelson said O'Brien knew the importance of what was at stake in this trial and it took a lot of guts for him to fight to the end.

"I don't think anyone here can imagine the resolute courage that it takes to put your reputation and your life on the line in a criminal trial of this notoriety and stand up for what you believe is correct," Edelson said.

WITH FILES FROM TIM WIECLAWSKI

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WHAT'S ONLINE TODAY

Blogs The 100 Day Raw Food Challenge on why homemade almond milk is the best alternative to dairy

Video Experts say dry conditions in B.C. have made the entire province susceptible to wildfires at **metronews.ca/canada**

Video A judge acquits Ottawa Mayor Larry O'Brien of influence peddling charges, citing a less than credible witness, at **metronews.ca/canada**

Lotteries

Lotto 6/49: 2, 5, 12, 31, 34 & 48 Bonus 44
Ontario 49: 16, 18, 21, 37, 40 & 45 Bonus 34
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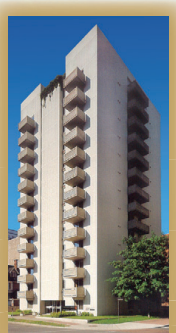

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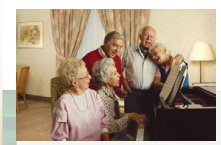

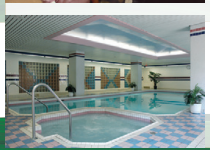

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Tornado ravages Quebec town

Mont-Laurier was savaged Tuesday by the strongest tornado to hit Quebec since the one that destroyed more than 400 homes in Aylmer on the same date in 1994, according to Environment Canada, CBC News Online reported. Tuesday's tornado was likely an F2 on the Fujita scale used to measure a tornado's intensity. METRO NEWS SERVICES

Canada

Drabinsky gets seven-year sentence

One-time Broadway impresario Garth Drabinsky, left, was sentenced to seven years in jail yesterday and business partner Myron Gottlieb got six for their roles in a half-billion-dollar fraud in the 1990s at their theatre production company, Livent. The two were convicted in March of defrauding investors and of forgery at Livent, which was behind Broadway hits such as Ragtime and the revival of Showboat, before the company collapsed in an accounting scandal in 1998. REUTERS

'New' name change an old idea

Expert says NDP proposal could carry unintended risks — remember the CCRAP?

A proposed name change to make the storied New Democratic Party of Canada appear dynamic and modern looks certain to get lost in translation.

Just ask François Bayrou. The French politician changed his party's name in 2007 to the Democratic Party — the very name being proposed by some NDP members — and then very quickly changed it again to "Democratic Movement."

The reason? According to some observers, it was because the initials of the party name in French ("Parti démocrate") sounded like "pédé," an offensive term for gays that is short for "pédéraste."

"It's probably not an acronym you want to use for your party," said David Soberman, professor of marketing at the University of Toronto's Rotman School of Management.

> **"It doesn't make any sense to me. You don't see New York trying to drop the 'New' off their name."**
> Pat Martin, NDP MP

Tinkering with a party brand can carry unintended risks, Soberman said yesterday. It evokes memories of another political rebranding misstep — CCRAP (the Canadian Conservative Reform Alliance party), which lasted about 48 hours in 2000 before a quick fix ended the snickering.

The NDP's name change is up for debate next week in Halifax when delegates at a party convention will decide whether to drop the "New" from New Democratic Party.

Ditching the "New" would mean dispensing with the initials that have served the party well for decades, Soberman noted.

"The NDP as an acronym is, for the most part, how they are known. … They have a lot of what is known as brand equity," he said. "A lot of people know right away what the NDP is, what they stand for."

Even some party MPs are unsure if the name change, pitched by the riding association of Windsor West and its MP, Brian Masse, merits serious discussion.

"I already resent the amount of attention that it's already taken up," said Pat Martin (Winnipeg Centre). "It doesn't make any sense to me. You don't see New York trying to drop the 'New' off their name."

TORSTAR NEWS SERVICE

Parliament to hold emergency meeting to look at Nortel sale

WIRELESS Canadian legislators will hold an emergency day-long meeting tomorrow to examine the proposed sale of wireless assets from bankrupt Nortel Networks to Sweden's Ericsson, a deal that opposition parliamentarians say could be bad for Canada.

The investigation by Parliament's industry committee does not have the power to overturn the sale but will put more pressure on the government to review it.

Ericsson submitted the winning $1.13-billion bid for the wireless assets in late July. However, Waterloo-based BlackBerry maker Research In Motion says Nortel's technology should be kept in Canada.

"We want to get some answers on a number of questions. For example, how did the bidding process unfold? Where has the government been on all this?" said Marc Garneau, industry spokesman for the main opposition Liberal party. REUTERS

Regina **Protest at premiers' meeting**

TODD KOROL/REUTERS

Protesters and environmental activists demonstrate outside the Saskatchewan legislature where the Council of Federation were holding their annual meetings in Regina yesterday. Canada's premiers of the 13 provinces and territories are getting together for their biannual meeting.

Alberta team to help with B.C. fires

VICTORIA HANDYSIDES
Metro Canada

ALBERTA A team of Alberta firefighters will suit up and ship out today, bound to battle hundreds of wildfires devouring B.C.'s interior.

The deployment comes two months after hundreds of firefighters flooded Alberta forests, who battled lightning-sparked blazes that burned out of control.

> **"The situation is much more serious in British Columbia now."**
> Geoff Driscoll, spokesman

"The situation is much more serious in British Columbia now," said Sustainable Resource Development spokesman Geoff Driscoll. "They're quite a bit busier than we were at that time."

Thousands have been forced from their homes across the coastal province, and over 78,000 hectares has burned since spring.

Up to 150 Alberta firefighters will head west today, leaving Alberta fires burning on a "low to moderate" basis, Driscoll said.

The call for help came earlier this week. After the need for firefighters on Alberta soil was assessed, the group of 150 was given the green light.

Families speak in car crash case

LAURENCE HEINEN
for Metro Canada

CALGARY Emotions ran high yesterday as relatives impacted by a horrific five-person traffic fatality read victim impact statements to a packed Calgary courtroom.

"It's a very powerful public display of the enormity of the crime," said crown prosecutor Jonathan Hak during a break from the sentencing hearing for Daniel Tschetter, who was convicted of five counts of manslaughter and one of attempting to obstruct justice stemming from a Dec. 7, 2007 accident that claimed the lives of Christopher Gautreau, 41, his daughters Alexia, 9, and Kiarra, 6, his girlfriend Melaina Hovdebo, 33, and her son Zachary, 16 months.

"My life has been smashed into pieces," said Previna Jaiwan-Gautreau, Alexia and Kiarra's mom. "Nothing can put my family back into shape as it once was."

While Hak submitted that Tschetter deserves a jail sentence between 11 to 16 years, defence lawyer Balfour Der argued that Tschetter should be sentenced to three years of house arrest.

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WestJet hopes RBC and MasterCard will help travel rewards project fly
WestJet says it has teamed up with the Royal Bank of Canada and MasterCard for the upcoming launch of its new travel rewards credit card. More details on the card, which will rival Air Canada's successful Aerogold card, will be unveiled this fall. REUTERS

Ex-premier bowing out amid Senate rumours

PHILIP CROUCHER
Metro Canada

Nova Scotia's Rodney MacDonald is definitely going somewhere.

He's leaving provincial politics — six weeks after saying he had "no intentions of going anywhere" when he resigned as Progressive Conservative party leader.

Rodney MacDonald

The former Nova Scotia premier and longtime MLA says he'll be resigning his seat in the Nova Scotia legislature before the fall sitting.

"I've had a lot of time to think about and consider the past 10 years," MacDonald told Metro.

"I have a young family — my son is only 11 years old, so I spent most of his life on the road as an MLA, premier and cabinet minister."

MacDonald was first elected to the legislature in July 1999 and was premier for more than three years until his minority government was defeated by the NDP in June.

The Tories won just 10 seats in that election.

Since then, MacDonald's name has been linked to rumours he is set to receive a Senate appointment from Prime Minister Stephen Harper.

"This has nothing to do with anything – no jobs, no appointments," MacDonald said.

WITH FILES FROM PAUL MACLEOD

The big question

- MacDonald doesn't have a definite date on when he'll go, but he told Metro: "If I was a betting man, by the end of September."
- A byelection will be called.

Shots at ducks spark anger

AMY GREGSON
for Metro Canada

VIDEO A YouTube video depicting three men shooting at ducks from a car has outraged one Alberta hunter.

Carl Wagner wants the public to know those in the video are poachers not hunters.

Wagner, creator of the Facebook group Get The Poacher, says the video is yet another affront to legitimate hunters, adding they are "always constantly fighting" to distance themselves from poachers.

Reports said the YouTube video shows three men laughing as they shoot at ducks from a car and fire at ducklings in a pond.

Darcy Whiteside, from the Alberta's Sustainable Resource Development department, agrees those involved shouldn't be considered hunters. "The last thing that (hunters) want to be associated with is acts like this."

Whiteside said officials are still unsure where or when the video was taken, but it was likely filmed in Alberta or Saskatchewan.

Whiteside said those involved could face serious charges. Anyone with information can leave an anonymous tip at Report A Poacher 1-800-642-3800.

News in brief

STORM For only the second time in its 12-year history, the Confederation Bridge connecting Prince Edward Island and New Brunswick has been hit by lightning, CBC News Online reports. During a violent July 27 thunderstorm, lightning knocked a small concrete chunk out of the bridge. METRO NEWS SERVICES

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Free radios to perk up 'untouchables'

Authorities in eastern India are distributing free radio sets to villagers so that they can listen to music and news to improve their awareness, officials said yesterday. Officials of Bihar state are distributing transistors among hundreds of "Dalits" or the former "untouchables" who remain oppressed at the bottom of India's ancient Hindu caste system. REUTERS

World

A-bomb attacks warranted: Poll

Sixty-one per cent of Americans believe the United States did the right thing by dropping the atomic bomb on Hiroshima and Nagasaki 64 years ago, according to a new poll. Older voters, men and Republicans favoured the attacks more than younger people, women and Democrats, the survey of 2,409 people by Quinnipiac University showed. REUTERS

DANNY MOLOSHOK/REUTERS

Freed U.S. journalist Euna Lee, left, is embraced by her husband and daughter after arriving with Laura Ling, fourth from left, in California yesterday.

'Home and free'

Two American journalists freed by North Korea tearfully reunited with their families in California yesterday while Washington tried to squelch talk of a breakthrough with Pyongyang.

U.S. President Barack Obama said he was "extraordinarily relieved" at the women's return but insisted the way for North Korea to improve relations with the United States was to give up nuclear weapons and stop its belligerent behaviour. The release was secured by former President Bill Clinton in a meeting Tuesday with reclusive leader Kim Jong-Il, the first high-level U.S. contact with North Korea in nearly a decade.

Laura Ling, 32, and Euna Lee, 36, reporters for a cable television venture cofounded by Clinton's former vice-president, Al Gore, arrived with Clinton at Burbank airport near Los Angeles aboard a private jet from North Korea.

The two Current TV journalists were arrested on March 17 for illegally crossing into the North from China and had been reporting on the trafficking of women. They were both sentenced to 12 years of hard labour in June.

Ling thrust her arms in the air as the two beaming women descended from the plane to an emotional reunion with their families in an airport hangar. Lee hugged Hana, the four-year-old daughter she had not seen for five months.

Ling said they both feared they could be taken to a hard labour camp when they were led instead Tuesday to a location where Clinton was waiting for them.

"We knew instantly in our hearts that the nightmare of our lives was finally coming to an end. Now we stand here home and free," she told reporters.

Clinton, who unsuccessfully tried to halt North Korea's nuclear arms program in the 1990s, spoke briefly with Obama by telephone and will brief national security officials on his rare meeting with Kim, the White House said.

The Obama administration insisted it had not offered any sweeteners to North Korea in its nuclear standoff with the West in return for its release of the journalists. REUTERS

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Retrial in Russian murder may be halted

RUSSIA A Moscow court could halt the retrial of three men for the murder of Kremlin critic Anna Politkovskaya after prosecutors agreed yesterday the case should be merged with an investigation into who ordered the hit. The journalist's killing sparked outrage in the West, which saw the slaying of a vocal critic as a key test of the Kremlin's resolve to protect freedom of speech. The three suspects currently on trial were acquitted by a jury in February of being accomplices in the murder.

But a higher court ordered a retrial, a decision criticized by Politkovskaya's family, who yesterday petitioned for the case to be sent to state prosecutors. If the trial judge rules in favour of the petition tomorrow, the case would be merged with an investigation into the person who ordered the killing.

The man accused of pulling the trigger also remains at large. Her slaying tarnished Russia's image but the Kremlin has always denied any involvement in her death, saying it was an attempt to discredit Russia.

Vladimir Putin, Russia's president at the time of her killing, said Politkovskaya had "minimal influence" on Russian society.

But President Dmitry Medvedev, cultivating his image as a liberal, has been more outspoken in his support for openness and civil society since he came to power last May. REUTERS

Killing

- Anna Politkovskaya, who published exposes on rights abuses and corruption in Chechnya, was gunned down outside her apartment in 2006.

Killer wrote about shooting

MURDERS A gunman who killed three women and injured nine others before killing himself at a gym in suburban Pittsburgh wrote on his web page about years of rejection by women, struggles with alcohol, domineering family members and an earlier failed shooting attempt, CBC News Online reports.

The three women killed were Heidi Overmier, 46, of Carnegie; Elizabeth Gannon, 49, of Pittsburgh; and Jody Billingsley, 38, of Mount Lebanon.

The gunman was identified yesterday as George Sodini, 48. Authorities did not immediately confirm that the website belonged to Sodini, but the elaborate nature of the comments so soon after the shootings suggested authenticity.

On the site, Sodini listed his date of death as Aug. 4, 2009, and his status as "never married." The page ended with the words "Death Lives!" METRO NEWS SERVICES

Ahmadinejad oath brings unrest

IRAN Mahmoud Ahmadinejad was sworn in as Iran's president yesterday in a ceremony boycotted by reformist leaders and parliamentarians and marred by street protests over his victory.

The 53-year-old hardliner took his oath of office nearly eight weeks after a disputed election that unleashed the worst unrest since the 1979 Islamic revolution and divided the political and clerical elite.

Former presidents Mohammad Khatami and Akbar Hashemi Rafsanjani, who support Mir Hossein Mousavi, boycotted the inauguration. The official IRNA news agency said most of parliament's 70 reformist legislators also stayed away.

Riot police were out in force in nearby streets. Witnesses said hundreds of supporters of Ahmadinejad's main political rival, Mousavi, gathered near parliament. REUTERS

Editor on trial over pictures

ZAMBIA A Zambian journalist went on trial for distributing obscene materials yesterday after she sent the vice-president photographs of a woman giving birth. Chansa Kabwela, news editor at Zambia's The Post newspaper, was arrested last month after she sent selected senior officials images of the woman giving birth without medical assistance during a national health workers' strike over pay.

"The vice-president was very annoyed to see such photographs. He said that he had never seen such photographs before," the vice-president's secretary told the court. REUTERS

U.S. appears to soften support for Zelaya

COUP U.S. policy on Honduras' political crisis is not aimed at supporting any particular individual, the State Department said in a new letter that implied a softening of its support for ousted President Manuel Zelaya.

The letter to Senator Richard Lugar contained criticism of Zelaya, saying he had taken "provocative" actions ahead of his removal by the Honduran military on June 28.

The State Department also indicated severe U.S. economic sanctions were not being considered against the de facto government of Roberto Micheletti, which took over in Honduras after Zelaya was ousted.

"We also recognize that President Zelaya's insistence on undertaking provocative actions contributed to the polarization of Honduran society."
Richard Verma, U.S. State Department official in letter

"We also recognize that President Zelaya's insistence on undertaking provocative actions contributed to the polarization of Honduran society and led to a confrontation that unleashed the events that led to his removal," Richard Verma, the assistant secretary for legislative affairs, said in the letter.

U.S. President Barack Obama has condemned Zelaya's removal, refused to recognize Micheletti, cut $16.5 million in military aid to Honduras and thrown his support behind the mediation efforts of Costa Rican President Oscar Arias, whose proposals include Zelaya's reinstatement.

Last week the U.S. government announced it was revoking diplomatic visas for several members of Micheletti's administration to pressure it to reverse Zelaya's ouster. REUTERS

News in brief

INTERNET Iraq is considering blocking websites deemed pornographic or that incite crime, triggering fears of a return to Saddam Hussein-style state censorship and propaganda. Iraq's Interior Ministry said it was looking into banning certain sites, including those it judged are connected to crimes such as prostitution and terrorism. REUTERS

Karzai promises talks with Taliban if he wins vote
Afghan President Hamid Karzai says he'll intensify peace talks with the Taliban and other insurgents if he wins the Aug. 20 election. REUTERS

Flu worries useless?

Not much can be done to stop H1N1: Experts

Flu **Outbreak**

It may be useless to fret about swine flu.

Closing schools, stopping large gatherings and other such measures are unlikely to do much to prevent the spread of H1N1, experts say.

The pandemic, they say, closely resembles the pandemic of H2N2 influenza in 1957 when it quickly became apparent there was little officials could do to stop it.

"Efforts to mitigate it were futile," said Brooke Courtney, of the Center for Biosecurity at the University of Pittsburgh Medical Center.

At the height of the epidemic in May, more than 700 schools closed in the United States, officials say.

In Mexico, where the pandemic started, officials closed government offices and schools for around two weeks in April and May, and encouraged businesses to close.

H1N1 is still circulating and, just as influenza did in 1957, it is dominating the mixture of viruses in the southern hemisphere's flu season going on now.

Experts expect the flu will pick up activity in the northern hemisphere's autumn.

REUTERS

Worldwide toll

- The World Health Organization reports 162,230 confirmed swine flu cases and 1,154 deaths, but flu experts said this probably reflected only a fraction of the true count.
- It predicts one third of the world's population — two billion people — will eventually be infected.

Manila **Farewell to the icon of people power**

ROMEO RANOCO/REUTERS

Amid a sea of mourners, her memory lives on: Supporters hold a picture of the late former Philippine President Corazon Aquino during a funeral motorcade in Manila yesterday. Filipinos ignored heavy rain to gather in the tens of thousands to honour Aquino, the heroine of the 1986 people power movement. She died last week of cancer.

Two Guccis get a dressing-down

LITIGATION A judge has barred a Gucci heir's ex-wife and her daughter from using their names commercially in the United States without approval.

They could confuse consumers and damage the brand, the judge said.

Jennifer Gucci and her daughter, Gemma Gucci, have developed a line of coffee, cosmetics and other goods using their names and, in some cases, a green and red stripe similar to the famous brand's trademark design.

They have also displayed their initials in a diamond pattern similar to the Gucci signature.

Gucci, owned by French company PPR, sued the women and their licensing agent in a U.S. court, seeking an injunction and unspecified damages.

U.S. District Judge Richard Berman said the products and their branding were "confusingly similar" to Gucci merchandise.

Jennifer Gucci married Paolo Gucci in 1977, when he was the chief designer for the Italian fashion house. Gemma, 26, is a New York investment banker.

REUTERS

Turkey indicts 52 over coup plot

UNREST A Turkish prosecutor has indicted 52 more people on charges of plotting a coup.

It's an expansion of a case that has pitted the pro-Islamist government against the secularist establishment.

Nearly 150 people, including senior generals, are already on trial under two previous indictments.

Prosecutors charge the ultra-nationalist network planned assassinations and bomb attacks to stir unrest to pave the way for a military intervention.

The Istanbul prosecutor lists crimes that include attempting to overthrow Prime Minister Tayyip Erdogan's government.

REUTERS

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Comment

The final resting place

Relationship obituaries can help people move on

Relating

Steve Collins

metronews.ca/collins

History is said to be written by the victors, but sometimes it's written by its prisoners, those who just can't stop thinking about it.

Take, for example, Relationship Obituaries (relationshipobit.com), the website created by NPR reporter Kathleen Horan to give the lovelorn a place to eulogize their dead relationships, remember good times gone, chew over old grudges, or just try to figure out what went wrong.

More than 1,000 contributors have posted their stories online and Horan has gathered the best of them into a book, Relationship Obits: The Final Resting Place for Love Gone Wrong.

The idea of a relationship obit makes emotional sense. There is real grief in a breakup. It came to Horan as she dealt with the twin shock of her father's death and getting dumped by her boyfriend of three years. Writing her father's obituary seemed to help her make sense of things, so she wrote another one for her relationship.

"It was a goofy thing to do, but it made it feel real so I could finally cremate the thing and move on," she writes.

Moving on, however, seems to be a challenge for many of the site's correspondents, like the guy who wrote a 20-year-old lament for a fling that lasted 10 days.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

As for taboos about speaking ill of the dead, or the revisionist politeness that creeps into all but the best obituaries, little can be detected. Obit and autopsy are rolled into one as contributors are encouraged to diagnose the cause of death. Anyone with an ex will recognize some of these assessments, not without the sting of truth but also bearing perhaps a whiff of self-service.

Since they are almost all written by one party to a relationship, they are necessarily one-sided affairs, and some really put the bitch, bitch, bitch in obituary.

Not that a lot of it doesn't sound justified. Utterly credible stories of cheaters, abusers, boozers and losers abound, sometimes all in the same obit.

"The cause of our demise," writes one survivor, "was alcoholism, drug and sex addictions, infidelity, verbal and physical abuse, a complete lack of maturity, reasoning, rational thought or behaviour and a total disrespect for women."

Most of the writers seem to be women. This may or may not surprise you. It didn't surprise me. The freshly ditched man is, in my experience, less likely to spend weeks or months meticulously measuring and apportioning blame than he is to immediately gather buddies and beverages to convene a rigorous Irish wake for the deceased. It's just our way.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

MICHAEL DE ADDER

Views

More to Hate about reality TV romances

FourthWave

Canice Leung

metronews.ca/fourthwave

Meet Luke Conley. He's a great catch: He earns six figures as a real estate investor and is a homeowner at just 26. He's ready to settle down — with one of 20 women on Fox's new reality show More to Love.

Luke sizes up at six-foot-three and 330 pounds. Luke's favourite activities? Eating (cue close-ups of him eating cheeseburgers). Luke's favourite food? "Anything thick and juicy." His gaggle of prospective mates are also chubby — but no matter, because as he said during last Tuesday's premiere, he's attracted to "voluptuous, curvy women."

Over seven weeks, the women engage in the usual backstabbing, crying and hot-tubbing befitting reality TV, until a victor emerges with a ring on her finger.

More to Love is touted as the real woman's dating show — the average American woman weighs 162.9 pounds, stands five-foot-four and wears size 14, which isn't too far off from the contestants — but there's no shortage of ways to remind viewers these women are fat.

Contestant Danielle dejectedly describes her dating history: "Always the bridesmaid, never the bride." Their heights and weights are displayed on-screen. One 30-year-old confesses she's never been on a date. They weep endlessly over rejections, exes embarrassed to be seen with them or how they will be alone forever — unless they snag their prize.

Like most dating shows, it sells the notion that the man makes the woman, and without them, their lives are "less-than" blank slates, upon which men can impress their positive influence.

Sound like a more humiliating version of The Bachelor? Then it's no surprise More to Love was created by The Bachelor's Mike Fleiss. Hell, when news of the show first emerged in May, the working title was The Fatchelor.

Fleiss admitted to Business Week that reality TV pushes style over substance. "People like to see the emotional roller-coaster of romance more than the completed romance," he said.

There's no shortage of style here: The camera unflatteringly catches Danielle from behind as she heaves herself out of a pool. The contestants mingle with Mr. Handsome, food and drink in hand. "I love me a stick of meat!" says Bonnie, wrapping her mouth around a kebab.

What are fat people but a curiosity? They're clearly not good enough for regular, non-fat dating shows, otherwise we'd see them outside this arena for mockery.

More to Love may purport to show real women as sexy, desirable beings, but producers turned them into objects as one-dimensional as the Barbies they're not.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

Worth mentioning

Women still spending during economic crisis

The desire to sport a different handbag for every occasion is shielding the largest makers of luxury leather goods from the economic crisis as women prove to be more consistent spenders than men.

Louis Vuitton and Hermes bags are still amongst the most sought-after luxury products compared with weak demand for watches, a traditionally male-dominated sector.

Gender marketing expert Diana Jaffe said the uncertainty about jobs caused by the economic slump posed a threat to male identity, prompting men to cut back on spending. Meanwhile, women are taking steps to cheer themselves up with a treat.

"Women are also worried about their jobs, but not to the extent that they feel their mere existence is being threatened and so they are in the mood to buy despite the crisis," Jaffe said.

Some men have stopped themselves from splurging on flashy goods that could be deemed as tasteless during times of austerity, Jaffe said.

Women are also more used to dealing with change at various points throughout their careers, making it easier for them to cope with this financial crisis, said Eva Kreienkamp, director of marketing agency FrischCo. REUTERS

Metro Online Poll Results

16% SAID YES	Should Canada accept former Gitmo detainees as refugees? *Weigh in on today's question at metronews.ca*	84% SAID NO

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Kimberly-Clark goes Green
Paper products giant Kimberly-Clark Corp. joined forces with Greenpeace yesterday, pledging to conserve forests by getting wood fibre from environmentally responsible sources. The company said it would stop buying wood fiber from Canada's boreal forests unless it is certified by the Forest Stewardship Council. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Japan **Maternal memories**

KIM KYUNG-HOON / REUTERS

A pregnant woman (reflected in mirror) poses for a nude photo shoot at maternity photo studio Ixchel in Tokyo. An increasing number of women who have just one child later in life are flocking to photo studios to have their pregnant bellies photographed to celebrate their bodies during a once-in-a-lifetime experience.

Labour cuts continue

Rise in jobless rate expected despite recovery signs

Recession-wary Canadian employers likely laid off more workers in July as they sought to stay afloat by cutting labour costs, despite signs the economy may be bottoming out this quarter.

Markets expect Statistics Canada to report net job losses in July of 17,500, pushing the unemployment rate to an 11-year high of 8.8 per cent.

That would bring total job losses since the labour market peaked in October 2008 to 388,000.

"We're going to still be seeing a lot of losses because there are cutbacks in production, especially in the forestry industry," said Arlene Kish, senior economist at IHS Global Insight.

'Jobless recovery'

- Most economists believe Canada's labour market will be much better off than in the United States, where many now expect a "jobless recovery" as layoffs persist even after economic growth picks up speed.

"We've been seeing that corporate profits are not as bad, or have improved, but again it's based on cost-cutting, so we're going to be seeing a lot of job losses through there."

The Bank of Canada and most economists expect the economy start growing timidly in the third quarter after three quarters of contraction.

But job seekers won't notice much difference in their fortunes for months to come, most agree. The Canadian government has tried to dampen any hopes of a quick and painless recovery, while maintaining that the worst is over.

"We are still seeing significant job losses. We still anticipate we will see more job losses here and in other countries so it's far too early to declare victory," Prime Minister Stephen Harper said on Tuesday.

Finance Minister Jim Flaherty delivered a similar message earlier, saying: "Businesses hesitate to hire and expand until they're convinced we have a true recovery." REUTERS

Private pensions still well-funded, says DBRS

PENSION Private-sector pension plans in Canada are doing better than one might expect after the drop in stock markets in 2008, and funding pressures should remain manageable, rating agency DBRS said in a study yesterday.

After reviewing 70 defined-benefit pension plans at Canada's largest private-sector companies, DBRS said the plans were 95 per cent funded, a "relatively moderate drop" from being 98 per cent funded in 2007.

"In fact, with the past emphasis on reducing pension deficiencies, pension plans are in a strong position to fulfill this goal over the medium term, once an economic recovery begins," said Peter Schroeder, managing director at DBRS.

21% underfunded

- Fifteen of the 70 plans in the study, or 21 per cent, had funding gaps of greater than 20 per cent. That's an improvement from 2002, when 31 per cent of plans were underfunded, it said.

The plans, which do not include public-sector behemoths such as Quebec's Caisse de depot or the Ontario Teachers' pension plan, had $149 billion in plan obligations and $141 billion in plan assets, representing an $8 billion underfunding gap. DBRS said challenges do not begin to arise until pension plan obligation funding falls below 80 per cent. REUTERS

Orbitz's $10M Q2 profit sends shares soaring

TRAVEL Online travel agency Orbitz WorldWide posted a second-quarter profit yesterday, helped by increased booking transactions and cost-cutting that offset declines in travel demand.

The results easily beat expectations for a loss, and shares rallied were up 23.86 per cent at $4.62 US on the New York Stock Exchange.

Chief executive Barney Harford echoed statements from other travel industry executives who believe the worst declines in demand are in the past. "What we're seeing is a stabilization in terms of demand," Harford said. "We're seeing a stabilization in terms of average daily rates on hotels. But I don't think we're seeing any major signs of any kind of uptick."

Orbitz said its net profit was $10 million, or 12 cents per share, compared with a year-earlier loss of $5 million.

Orbitz, which owns major travel sites Orbitz.com and Cheaptickets.com, said the total value of its bookings fell 12 per cent on lower air fares and lower average hotel rates. REUTERS

Business in brief

ENERGY A U.S. power developer is forging ahead with plans to build a massive natural gas plant next to the Nanticoke coal-fired generating station, betting the government will need the project to meet its 2014 deadline for phasing out coal power. CPV wants to construct a 1,200-megawatt, high-efficiency plant that can help supply electricity in southern Ontario. TORSTAR NEWS SERVICES

OIL Petrobank Energy and Resources Ltd. said yesterday it has offered to buy TriStar Oil & Gas Ltd. for $2.24 billion in cash and stock, boosting its stake in a prolific Saskatchewan oil field and giving it the heft to cut costs. Petrobank said it will combine its own conventional oil assets, operated by its Canadian business unit, with TriStar and spin out a new company. REUTERS

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Canada up 26 in FIFA rankings

Canada has moved up 26 spots in FIFA's world rankings following its run at the CONCACAF Gold Cup. Canada is No. 66 on the list released yesterday after two wins and one draw at the Gold Cup before losing to Honduras in the quarter-finals. Brazil retained its No.1 berth ahead of Spain and the Netherlands. METRO NEWS SERVICES

Sports

NFL's new highest-paid player?

Eli Manning, left, has reportedly agreed to a new $97-million US, six-year contract extension with the New York Giants that will make him the highest paid player in the NFL with an average salary of roughly $15.3 million. A person close to the talks who asked not to be identified says Manning is guaranteed $35 million under the deal that will keep him with the Giants through the 2015 season. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Judge opens up Coyotes auction

A Sept. 10 auction for the bankrupt Phoenix Coyotes "shall be open to any and all bidders" and not just those wishing to keep the team in Arizona, Federal Bankruptcy Court Judge Redfield Baum ruled yesterday.

That means Jim Balsillie, the Canadian billionaire and Research in Motion co-founder, will have his bid of $212.5 million (all figures U.S.) heard along with two other bids for the NHL franchise.

Understanding that his ruling will be contentious, Baum has scheduled a hearing for Aug. 11 to examine all the issues surrounding the auction.

The NHL, for example, rejected Balsillie as a potential owner on July 29. The league's board of governors voted to "disapprove" Balsillie, the league noting that he "lacks the good character and integrity required" by the NHL's bylaws.

So this case, already overflowing with nastiness, is likely to get even uglier but Baum vowed the Coyotes will have a new owner by Sept. 11.

The Coyotes are scheduled to play their first exhibition game on Sept. 15 but Balsillie insists, if awarded the franchise, he will be able to have it up and running in Hamilton for the coming season. The NHL says that is logistically impossible.

TORSTAR NEWS SERVICE

MARK BLINCH/REUTERS

Toronto Blue Jays Aaron Hill attempts to turn a double play over New York Yankee Johnny Damon during the third inning in Toronto last night. The Yankees won 8-4.

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Another loss for Jays

BASEBALL

Yankees 8, Blue Jays 4

Johnny Damon went 3-for-5 with a homer and drove in three runs to help the New York Yankees earn a two-game sweep with an 8-4 victory over the Toronto Blue Jays.

The Yankees opened a 2½-game lead in the AL East over the Boston Red Sox, who invade the Bronx for a four-game weekend set starting today.

"We know what's at stake, we need to beat them," Damon said. "They're a very good team, we have to be flawless."

Nick Swisher was 2-for-5 with a solo homer for the Yankees, who have won three in a row. Mark Teixeira drove in a pair of runs, while Hideki Matsui and Eric Hinske drove in a run each.

Sergio Mitre received a no-decision, as he lasted 4⅓ innings and was touched for three runs on eight hits. Alfredo Aceves (7-1) got the win after throwing two innings of relief and yielding just a solo home run.

Adam Lind and Marco Scutaro had a solo homer each for the Blue Jays, who have dropped five of seven. Alex Rios and Vernon Wells also had an RBI apiece in the setback. Aaron Hill went 0-for-5 and saw his 13-game hitting streak halted.

Marc Rzepczynski (1-3) took the loss after giving up four runs on five hits over six-plus frames.

METRO NEWS SERVICES

Setting majors aside, Woods happy just to be playing again

GOLF Winning at least one major title has always been the yardstick for a good year according to Tiger Woods but for 2009 he is prepared to relax his goal.

The American world No. 1 has not clinched a major victory since the 2008 U.S. Open at Torrey Pines, having then been sidelined for eight months while having reconstructive knee surgery.

"This year I think just being able to come back and play and be successful again has been a tremendous step in the right direction," Woods told reporters at Firestone Country Club yesterday.

Since returning to the PGA Tour for the WGC-Accenture Match Play Championship in late February, Woods has triumphed four times in 11 starts. REUTERS

Secrets tough to keep when athletes tweet

TWITTER The days when the details of transfer negotiations were closely guarded secrets could be coming to an end with the advent of the 'Twitter transfer.'

Yesterday, U.S. national team striker Jozy Altidore all but announced a move to English Premier League Hull City on the micro-blogging site, keeping his fans updated while Hull remained silent.

Altidore, who is owned by Spanish club Villarreal, alerted followers to a potential move on Tuesday when he informed them he would be up early yesterday morning for a flight to England.

"England early in the morning so I'm going to get some sleep I'll tweet all day tomorrow on my bb (BlackBerry) and let you guys know what's going on!" promised the striker.

Sure enough, Altidore 'tweeted' from the jet at the airport before take off: "England here I come!" and then teased those wondering which club he was meeting by noting there was heavy rain at the airport.

Altidore all but confirmed media reports that Hull was his destination by noting his first game of the season would be against Chelsea — Hull's opening game.

REUTERS

Sports in brief

NHL The New Jersey Devils signed veteran left wing Brendan Shanahan, who is set to return for his 22nd season in the NHL. Per club policy, terms of the deal were not disclosed, but the Newark Star-Ledger reported yesterday that it is a one-year contract. Shanahan was taken second overall by New Jersey in the 1987 NHL draft.

NFL A Minnesota judge ruled that Pat and Kevin Williams of the Minnesota Vikings will be able to participate in the 2009 NFL season yesterday, though more rulings in the case are still pending. According to the Minneapolis Star Tribune, Hennepin County District Court Judge Gary Larson ruled the lawsuit brought on by the players against the league, challenging its anti-doping policy, will be delayed in state court until the end of the season. METRO NEWS SERVICES

Staycation advice
Create an itinerary for the week. Pre-plan all your meals and activities so you can go shopping before your vacation starts. If possible, go to the local dollar store and pick up some party favours that may work for your nightly theme. HGTV.CA

Staycations

Holiday tip
Remember to take lots of photographs on your staycation. You and your family are on vacation and just like you would anywhere else, it's important to document all the fun you had with a lot of action-packed photos. HGTV.CA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

A resort-like getaway

Day spas a great vacation spot for locals

TRACEY TONG
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You may not be packing your bags this summer, but that doesn't mean you can't relax, be waited on, and enjoy the same getaway from the everyday that your counterparts at some resort are.

Ottawa has more day spas than both women and men can count on their manicured fingers.

And with the economy the way it is, spa staycations are more popular than ever.

"Many people are having to give up their vacations this year due to tough economic times," said Maggy Silverthorne, manager of Le Spa/Hair Loft.

"For many people, vacations are non-essential expenses that are easy to cut out of the budget. The problem is, not taking a vacation, especially when you need one, can be very hard on your emotional well-being."

A day spa provides a refuge from the outside world, Silverthorne said, providing "a relaxing atmosphere filled with staff focused on catering to your every need."

A spa makes for a perfect vacation, agreed Danielle Ranger of Vivianna Day Spa.

"You're not travelling too far. It's a bus ride, a walk or a drive away," she said. "And it's not too expensive. You're getting your money's worth because the spa is catering to you and you're coming out relaxed."

While pedicures are the most popular treatments, the spa does a lot of facials and massages, said Ranger.

Full and half days at the spa are popular, too, said Ranger, and clientele ranges from 11-year-olds coming in with their mothers to 70-year-olds and even men.

"Men get everything from pedicures to facials and even some of them get manicures," said Ranger.

Celia Kim, who works at Glebe Spa, has noticed more couples coming in together.

"We see couples coming in to have massages and pedicures together," said Kim. The spa also sees a lot of bridal parties come in during the summer.

"You get bridal parties, groups of women getting manicures, pedicures and facials for their weddings," said Kim.

While that is the most popular package, Kim said massages, body rubs, and spray tanning are popular as are Indian head massages and Reiki treatments.

At Glebe Spa, the manicure and pedicure is $90, but packages can cost up to $350 for a day at the spa, which includes a massage, facial, manicure, pedicure and lunch.

Manicures and couples massages are two popular treatment options if you're planning a spa trip.

Art program stimulates senses

MJ DESCHAMPS
for Metro Ottawa

When people think of art, certain images often come to mind; bright abstract canvases, oil-painted landscapes, Mona Lisa's smile — but what about those who aren't able to experience art in the visual sense?

The National Gallery of Canada's Stimulating the Senses program is designed to encourage visitors both with and without visual impairments to discover art in a new way, through senses other than sight.

Each month, a new tour will expose a group of blindfolded people to art, through storytelling, hearing a description of a painting, touching sculptures in a tactile tour, or listening to contemporary audio-based artworks.

Elizabeth Sweeney, accessibility educator at the NGC, said that while museums and galleries often have programs for visitors with disabilities, Stimulating the Senses is a unique opportunity for people both with and without sight to come together and experience a work of art in the same way.

"The idea here is that a painting or a work of art is much more than an image," said Sweeney.

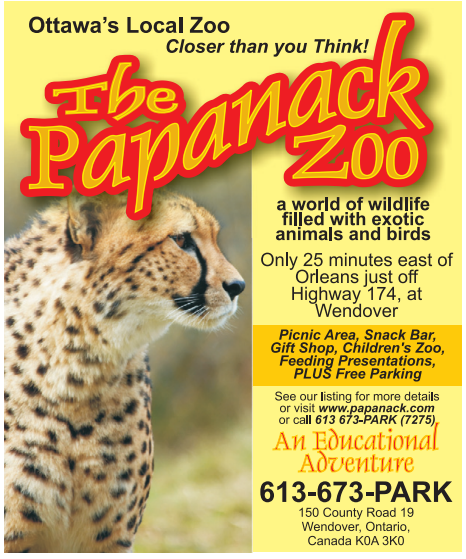
"It's also a feeling, a thought, a memory; often a museum-goer will just walk by an artwork and glance at it without stopping to think about the meaning that the artist was trying to create in the piece's elements."

An important part of program's tour is the dialogue created about the art pieces, where people can offer their own interpretations about what they have heard, felt or understood.

"Research shows that the more senses we use, the better we can understand an experience, and make it a meaningful one," she said.

"Our goal is to get people thinking about art in a new way, and ultimately get them to start turning on all their senses in their everyday personal lives as well."

The NGC's upcoming Stimulating the Senses tour on Aug. 27 will experience the Petrobelli Altarpiece, a large canvas painting that was cut into pieces at the end of the 18th century, with the four extant fragments only being reunited now.



Exclusive
Stanley's 684 Piece Household Kit is available exclusively at Wal-Mart for $12.99. METRO NEWS SERVICES

Metro Homes

Toolkit for all

Stenley recently released the 684 Piece Household Kit, A handy all-in-one kit for the house, cottage, trailer and even college residence. You'll always know where to find the pieces you need for little chores around the house. The kit contains everything for hanging pictures, shelves, posters, and even your to-do list. See stanleyhardware.com.

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Deep discount season descends

HomeScape

Shopping is like an addiction for some. I'm not normally one of them, I'm afraid.

If the truth be told, I'd rather be doing something else most of the time. Shopping for the household and family has always seemed to me to be a chore.

But I have to admit, sales featuring deep discounts still give me a sense of anticipation, a sense of the hunt and kill. Many of you know exactly what I'm talking about.

Consider seasonal sales. They follow a very predictable schedule. As surely as fall follows the summer, retailers need to clear their inventory to make room for the next season's clothing and goods.

For example, every year, around this time, summer things go on sale, sometimes with fantastic discounts. Bathing suits, beach towels, outdoor furniture and accessories, picnic dishes, shorts, summer pants, tops, shirts and dresses fill the bargain racks.

Also look for sales on sporting equipment used in the summer (kayaks, canoes, tents and camping gear), barbecues, fans, lawnmowers, and linens, and blankets — which tend to be lighter in weight and colour during the summer months.

If you're looking for some great end-of-summer sales, canoes in sporting goods stores are a good place to start.

Also coming up are summer sales on plants, both perennial and annual, plus gardening paraphenalia, such as planters, hoses, watering cans and so on. So if you're in the market for any of these types of items, now is the time that these sales start, and they'll go on into September in one form or another.

To find the best sales, keep an eye out for flyers and newspaper advertisements, and check your favourite stores' websites for online end-of-summer specials. Word of mouth, especially from your shopping-happy friends, is also a great resource.

Even if you don't need them for this year, think next year.

I say this with some hesitation, though, because I have personal experience with people who cannot resist a bargain, no matter how pointless the purchase. If you recognize yourself here, commit to at least thinking honestly about potential uses of the item before you plunk down your money. Furthermore, don't burden relatives or friends with stuff they won't like or don't need. Only do it if you know preferences, needs and size requirements.

That being said, some things are obvious. If you are in the market for a set of outdoor dining furniture, for instance, or you will be soon, end-of-summer sales this year could net you substantial savings.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Available to residential customers in Ontario where access and line of sight permit. Early termination fees apply. Subject to change without notice. Taxes extra. Other conditions apply. (1) Based on an independent survey conducted in April 2009. (2) Based on comparison of Bell's Digital Basic package (including Digital Service Fee $3/mo.) plus Premium HD Channels (4 HD Themes) and Bell Bund

Decor

Read more in the August issue of STYLE AT HOME magazine. ON SALE NOW! styleathome.com | CANADA'S styleathome

Best guest

Hostess gifts under $10

Invited to spend the weekend with friends at their summer place? Here's some inspiration for personalized thank-you gifts that let hosts know how much you appreciate their hospitality. All are budget friendly. Written and produced by Susan Rogers — Photography by Paul Chmielowiec

game plan

• $9.47

Playing games and working on puzzles are popular cottage pastimes. Check out the dollar store for new card games and jigsaw puzzles, then package them in a serving bowl along with some popping corn. Bowl, $3.99; (Homesense); puzzles, $3.39, (Zellers); card games $.50, (Dollerama); popping corn, $1.59/297g bag, (Sobeys).

jam session

• $5.57 each

People appreciate a pantry treat they're unlikely to buy for themselves, like some sweet little bowls and ceramic spoons. Perfect for any cottage breakfast table, especially when serving specialty jams and jellies. Bowls, $.89; spoons, $.69, (Tap Phong Trading Co.); jam, $3.99, (Crabtree & Evelyn).

Canadian Gardening Magazine
Read more in the Summer issue of Canadian Gardening magazine.
ON SALE NOW! *canadiangardening.com*

Outside Decor

Canadian Gardening

how-to

Water-smart lawn care

Follow these tips to have the blades of glory you want without wasting water. By Stephen Westcott-Gratton

Across Canada, the state of one's lawn is fast becoming tantamount to a public political treatise on one's stance on "Issues Environmental." We've all seen grass that looks suspiciously lush, low-cropped and weedfree — and I hope that we all shudder, wag our fingers and shake our heads; but by the same token, the opposite extreme — a neglected, weedy, disease-ridden lawn is equally wince-inducing. Surely there has to be a happy medium. Here are ways to reduce water use yet keep your lawn lush.

- Dethatch and aerate your lawn every year to make it easier for water to reach the turfgrass root zone.
- To hell with Kentucky bluegrass! Overseed with one of the new drought-tolerant fescue turf mixes, such as Enviro-Turf or Eco-lawn.
- Turfgrass only needs 2.5 centimetres of water per week to remain green and healthy; overwatering can lead to disease. For heavy soil, irrigate only once per week; sandy soil, twice.
- Buy an inexpensive rain gauge (available at most garden centres and hardware stores) and remember to include rainfall when you calculate your 2.5-centimetre maximum per week.
- Purchase rain barrels for all your downspouts; what you don't use for your containers and beds can be used on the lawn.
- Always irrigate early (between 4 and 9 a.m.) so water isn't lost to evaporation. Avoid fan sprinklers that shoot water high into the air (where it's subject to wind and evaporation); impulse sprinklers that deliver water close to ground level are more efficient.
- Set your mower blades to 7.5 centimetres high. Taller grass yields deeper, more drought-tolerant roots, and longer shoots provide shade at ground level, helping to retain soil moisture.
- For large lawns, use a mulch mower, and leave the finely chopped grass clippings where they lie to add nitrogen to the soil as they decompose, shade out weeds and conserve moisture.
- For smaller lawns, use a reel, or push, mower. Make sure to roll over each row twice — a double pass — to further chop up clippings. (Added benefit: no loud noise or air pollution.)
- Whether your region experiences a wet or dry summer will be the ultimate arbiter of your lawn's appearance.

G.R.E.E.N. Rain Barrel, $74.99, (PC).

Heaven & Earth 200 l Collapsible Rain Barrel,$79.99, (The Home Depot).

Canvas Water Bucket, $18, (Design Within Reach).

than Rogers.

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le discount vs. Rogers' Extended Basic Package (including $2.99 System Access Fee) plus HD Specialty Pack and 5% bundle discount; excluding promotions. Current as of June, 12th 09. Rogers is a trade-mark of Rogers Communications Inc.

grill seekers

• $9.93
A saucy marinade, basting brush and handy grill-side cloth make a gourmet-worthy gift. Include a bottle of store-bought barbecue sauce or make your own for added value. PC silicone basting brush, $4.99; dishclothe $1.95; barbecue sauce $2.99; (Loblaws).

best friends

• $9.98
Don't forget Rover and Felix! Hosts will appreciate your recognition of four-legged family members. Pack a pet-food bowl with treats and toys. Include a bag of dog biscuits or cat cookies, and you'll soon have a new BFF (best furry friend!). Bowls, $3.99; wooly mouse toy, $4.99; ball $1.99, (Petsmart); PC Gnaw & Paw dog biscuits, $2, (Loblaws).

Stylish hair line

A new wide assortment of hair styling tools has launched at Shopper's Drug Mart this month. The collection, called Stylize, features affordable brushes, hair accessories, travel kits and more. Prices range from $4.99 to 24.99. METRO NEWS SERVICES

Style

Tune into Matis

Fashion designer Lucian Matis, left, will launch a new collection exclusively for The Shopping Channel this August. Daphne by Lucian Matis is made in Canada and will include affordable, easy to mix-and-match basic items like leggings, dresses, ponchos and tops (priced at $60 to $195). In keeping with the Matis trademark design aesthetic, even when very simple — everything has a twist, an element of surprise. The collection debuts on Aug. 23. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Star-inspired collection

ZOEtee's designer discusses her collaboration with Gwyneth Paltrow

KENYA HUNT
Metro World News

Considering how much she's been channeling her inner fashion editor (and food expert and health guru and relationship columnist and music writer...) it was kind of inevitable that Gwyneth Paltrow would try her hand at designing clothing too.

Her capsule collection, ZOEtee's Loves Gwyneth, a series of drapey dresses and breezy separates, hits stores next month. Paris-based designer Laure Pariente who is the brain behind the cultish T-shirt brand fills us in on how it all came together.

Q How did you and Gwyneth decide to collaborate?

A It came very easily because Gwyneth was already a fan of ZOEtee's. So for me it made sense to do a collection inspired by her style and with her input. And she ended up really liking the idea. She loves clothes so that made the collaboration really exciting.

Q How much did she take part in the design process? How did you divide up tasks?

A I met with her twice at her house in London. I took fabric and sketches to the first appointment. She selected seven out of 15 that we drew. And she chose all of the fabric, color and finishing. A month later, I went back with a prototype and did the fittings on Gwyneth. She was really involved in the development process from beginning to end.

Q What about Gwyneth makes her in tune with the brand?

A She really matches the spirit of ZOEtee's, which is a really laidback daytime style and an easy elegant approach to evening. She's very casual and active every day. So her collection infused more of that sensibility. The clothing is comfortable enough for a busy morning and elegant enough for an evening out. She's also very sweet and yet tough. She was really the perfect girl to work with. She brought something new to the idea of wearing jersey. The collection is a play on form with oversized and asymmetrical pieces that you can mix and match.

Above, items from the ZOEtee's Loves Gwyneth collection. Left, a grey gathered dress. Right, black metal studded vest top.

Q What makes the perfect T-shirt?

A For me, it's the one you steal from your boyfriend and wear and wear and wear. You can wear it in the morning and then at night, layered over a bra with your heels on. It's all in the touch, the softness. We work with soft, organic Japanese cotton.

Q Are there any other celebrities who you'd like to work with next?

A I know that Kate Moss is a big fan. She would be amazing. And I recently sent Cameron Diaz a packet of tees and she was dancing in her living room. She's a fan as well.

GETTY IMAGES

Actress Gwyneth Paltrow tries her hand at clothing design with a new collaboration collection.

SHEENA MATHEIKEN PHOTO

Sheena Matheiken

One dress for one year

SUSTAINABILITY Every woman who has stared into a closet brimming with clothes and lamented she has nothing to wear should check out Sheena Matheiken's website.

Called The Uniform Project, the cool New York City-based blog explores the limits of one dress, a singular design that Matheiken pledges she'll wear every day for a year.

Now into month four, she remains committed to her goal. "I'm not bored yet, but talk to me in six months," she said from her home in New York.

To be clear, there are seven identical dresses and, each day, one of them is accessorized, layered or even worn back-to-front — transforming it into something new. It can also be worn as an open tunic.

It is an exercise in sustainable fashion, Matheiken says, of the dress created by friend and designer Eliza Starbuck.

"We wanted to design the most versatile dress possible," Matheiken says.

The project is also a year-long fundraiser for the Akanksha Foundation. TORSTAR NEWS SERVICE

RECOMMENDED BY METRO READERS

Top 5 Hairdressers

Lucas Nault Hair Studio
"A great salon that uses mainly organic products. Make sure you ask for Lucas."

Nathalie Jones
"Great place for a traditional shave and a cut. Comfy old barber chairs."

Lisa Witzel
"Fantastic. Really cares and also enjoys what she does and has some great ideas. Most importantly, it's always a great job and always professional."

Luc Vachon
"Jack's barber shop in business for 43yrs always went there since i'm a kid. located at donald & lola."

Andrew Inniss
"Andrew is a great stylist. He makes my hair look great!"

Visit metronews.ca/gigpark for thousands of reader recommendations

Powered by metro and gigpark

Mad about shopping

NEW COLLECTION If you're a Facebook or Twitter addict, chances are high that you've Mad Men-ified yourself in recent weeks (AKA created a cartoonish Mad Men character avatar in your exact likeness). But why stop there? Banana Republic is offering you the chance to Mad Men-ify your actual self!

Inspired by the classic mid-century lines and sleek silhouettes showcased on the brilliant drama Mad Men, Banana Republic's fall collection is what happens when 1960 collides with 2009. On offer are sweet blouses, high-waisted pencil skirts, crisp classic suits and trenches; modern classics that would not be out of place in the smoke-filled hallways of Sterling-Cooper.

Our favourite finds? For her, it's their black, form-fitting sheath dress with the mod neck detailing that hugs curves as tightly as a high-end sports car. For him, it's the richly-dyed assortment of silky ties and 100 per cent cotton iron-free shirts. The only thing that's missing is a highball glass.

(Season three of Mad Men premieres on AMC on Aug. 16). SOFI PAPAMARKO/ FOR METRO CANADA

Left: Elayne sunglasses ($98), scarf ($62), c-buckle belt ($62), pleated clutch ($95), jacquard sheath dress ($175). Right: Wool plaid fedora ($62), royal oxford shirt ($100), stripe tie ($85), suit jacket ($410), suit pant ($185). All available at Banana Republic.

Kenya's Style

Kenya Hunt

Exclusively at metronews.ca/globalstyle

ELLE CANADA

ELLE Canada magazine on sale now!
Beauty special: Experts dish their top tricks, only in our September issue!
STYLE CONTENT BY ELLE CANADA, SEE MORE AT: **ellecanada.com**

L'Oréal Paris Elnett Satin Hairspray ($15); Oribe 24K Gold Pomade ($59)

SOLID GOLD

"Marlene Dietrich used to wear gold dust in her hair," says Oribe, a Miami-based celebrity hairstylist. For a blinged-out finish for your blowout, try Oribe's 24K Gold Pomade. And, after decades of begging European friends to smuggle over Elnett—the iconic hairspray in the towering gold can beloved for its flexible hold and superfine mist—Canadians can now buy it here, just in time to celebrate L'Oréal's 100th anniversary.

Suede, Guess ($165, 1-800-465-2638)

Leather, Miss Sixty ($269, info@sixtycanada.com)

Suede ($60, at Spring)

Cuir, Killah ($199, info@sixtycanada.com)

Suede and leather, Marciano ($278, 1-800-465-3638)

Pleather ($100, at Aldo)

STUDIO ANDRÉ DOYON

ANKLE BOOTS

Go short, sassy and sexy!

Editors' Pick

THE SNAPPER

An originator of the now familiar "chic people on the street" blogs, Scott Schuman (a.k.a The Sartorialist) is launching his first book this fall. "Everyone I know says 'I love to people-watch,'" says Schuman. "Technology has just caught up to human instinct. Now we have a digital park bench." His 500-page book contains sections on favourite subjects like Carine Roitfeld and pages devoted to androgyny and personal style. Schuman counts Cary Grant among his own style icons.

To read these stories and more, visit: **ellecanada.com**

DANCE THE NIGHT AWAY!

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AUGUST 14 & 28
The Block between Metcalf & O'Connor

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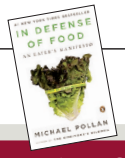

A bestselling defense

In Defense of Food: An Eater's Manifesto by Michael Pollan topped the cookbook bestsellers' list last week at Amazon.ca. The Omnivore's Dilemma came in second and Simply Great Food in third. METRO NEWS SERVICES

Food

In 1986, the city of Nanaimo, B.C., held a contest to find the best Nanaimo bar recipe. A recipe submitted by Joyce Hardcastle won and is now known as the official Nanaimo bar recipe.

FOODTV.CA

Fave flavour?

Today, many variations for the middle layer of a Nanaimo Bar exist — such as cherry, peanut butter, mint and cappuccino.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Hot sandwich, cool bar

Quick and easy summer recipes are only a click away thanks to 20 Minute Supper Club. Find lots of inspiring alternatives to burgers 'n' dogs in the brand-new Grill Guide at 20minutesupperclub.com.

This week's tasty and nutritious meal feaures a Summer Sausage BBQ Panini Sandwich with Corn Relish, and delicious Nanaimo Bars for dessert. Ciabatta bread is ideal for this sandwich because of its crusty outside and airy interior. If you don't have a barbecue, you can also use a Panini grill or heavy-bottomed skillet.

Nanaimo Bars are satisfying any way you make them, but in the ones pictured we actually doubled the chocolate to get that thick, chocolatey base. The best part about these sweet treats is that you can freeze them and they still keep their decadent flavour. -CHRISTY PENGILLY

Summer Sausage Panini Sandwich with Quick Corn Relish

Recipe Developed by Paula Bowman.

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 10 MINUTES

INGREDIENTS:

- 2 cobs corn, kernels removed
- 1/3 cup water
- 1/4 cup finely diced red onion
- 3 tbsp apple cider vinegar
- 1 tbsp sugar
- 1/4 tsp crushed red pepper flakes
- 2 tbsp olive oil
- Kosher salt and freshly ground black pepper
- 1 avocado, halved, pitted, peeled and roughly diced
- 1/4 tsp minced garlic
- 1 16 oz ciabatta bread or 4 individual ciabatta rolls, halved diagonally
- 2 plum tomatoes, thinly sliced
- 8 slices old cheddar
- 1/2 lb thin sliced Mennonite summer sausage or similar summer sausage

METHOD:

1. Preheat grill to medium-high
2. In a non-stick skillet set over medium-high heat, combine first 6 ingredients plus 1-tablespoon olive oil and bring to a boil. Reduce heat to a simmer and cook until liquid has been absorbed and corn begins to lightly caramelize, about 6 minutes. Remove from heat, season with salt and pepper and set aside.
3. Meanwhile, in a small bowl, combine avocado and garlic and stir in 2-teaspoons olive oil, mash slightly with a fork, season with salt and pepper and mix well. Lightly brush outside of ciabatta loaf with remaining olive oil and season with salt and pepper. Lay both halves of bread open on a cookie sheet and spread avocado mixture on inside top layer of bread. Cover avocado with a layer of tomatoes, followed by layers of cheese and summer sausage. When corn relish is finished cooking, distribute evenly to bottom layer of bread. Put both halves together and press gently.
4. Transfer sandwiches to a hot grill and cook, pressing lightly with a spatula until crispy on the bottom, about 3 minutes. Carefully turn sandwiches over, using a spatula and continue to cook until crispy and warmed through, about 3 minutes. Use cookie sheet to transfer to cutting board. Cut sandwich into quarters and serve warm.

CAIRO MENDOZA PHOTO

Summer Sausage Panini.

Weekly winners

- Exclusive contest for Metro readers! Visit 20minutesupperclub.com/metro and be entered to win a $50 President's Choice gift certificate to stock your cupboards with delicious PC products. For product information and store locations, visit PC.ca.
- A weekly winner will be drawn from now until the end of October.

Read more on page 18 ››

Fast Flavours from Donna Hay
Fridge and pantry empty? Take heart from the simple combinations in the Fast Flavours chapter — in Donna Hay's No Time To Cook — which only needs a few ingredients, a grill pan or a barbecue, and a few minutes to let intense flavours unfold. METRO NEWS SERVICES

No time to cook?

Donna Hay is one of the best-known names in cookbook and magazine publishing in the world: Her previous books have sold more than 2.2 million copies worldwide.

Hay's new book, No Time to Cook: Fresh & Easy Recipes for a Fast Forward World (HarperCollins), is full of delicious, simple food that won't eat up your whole evening. HarperCollins Canada offered Metro these two recipes:

Spinach, Ricotta & Dill Pies

SERVES 2 NOW, 2 LATER

INGREDIENTS:

- 4 sheets (25 cm x 25 cm) store-bought shortcrust pastry, thawed

Spinach-ricotta filling:

- 250 g frozen spinach, thawed
- 600 g ricotta
- 3 eggs
- 1/2 cup (40 g) finely grated parmesan
- 2 green onions (scallions), finely sliced
- 2 tablespoons coarsely chopped flatleaf parsley leaves
- 2 tablespoons coarsely chopped dill leaves
- sea salt and cracked black pepper

METHOD:

Preheat oven to 180°C (355°F). Cut pastry to fit 4 x 1-cup (250 ml) pie dishes, allowing for an overhang.

To make the spinch–ricotta filling, squeeze out excess water from spinach, place in bowl with ricotta, eggs, parmesan, onion, parsley, dill, salt and pepper and mix together well.

Divide filling between pastry-lined dishes and bake for 30 minutes or until filling sets.

To freeze, wrap pie dishes in a layer of baking paper, then plastic wrap and aluminum foil to seal. Freeze for up to 3 months.

Flourless Chocolate Cake

SERVES 12

INGREDIENTS:

- 350 g quality dark chocolate, chopped
- 185 g unsalted butter, chopped
- 6 eggs
- 1 cup (220 g) brown sugar

Flourless Chocolate Cake.

- 1/4 cup (60 ml) hazelnut liqueur
- 1 cup (100 g) ground hazelnuts

Hazelnut cream:

- 300 ml cream
- 1/4 cup (60 ml) hazelnut liqueur, extra

METHOD:

Preheat oven to 170°C (340°F). Line the base and sides of a 22-cm springform pan with non-stick baking paper.

Place chocolate and butter into a saucepan over low heat and stir until melted.

Place eggs, sugar, liqueur and hazelnuts into a bowl and whisk to combine. Add chocolate mixture and whisk until smooth. Spoon mixture into tin and cover with aluminium foil.

Bake for 40 minutes. Remove foil and cool cake in tin then refrigerate until cold.

To make hazelnut cream, place the cream and liqueur in a bowl and beat with electric beaters or a whisk until soft peaks form. Cover and refrigerate until just before serving. Serve with hazelnut cream.

Spinach, Ricotta & Dill Pies.

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Fish isn't the only source

Though close to two-thirds (64 per cent) of Canadian Baby Boomers look for food options that are rich in omega-3 compared to five years ago, a vast number are unable to identify foods beyond fish specifically known for their omega-3 benefits — like walnuts, soy and flax. METRO NEWS SERVICES

>> Continued from page 16

Nanaimo Bars

SERVES 16
PREP TIME: 20 MINUTES
COOKING TIME: 2 MINUTES

INGREDIENTS:

Bottom Layer:
- 1/2 cup unsalted butter
- 1/4 cup granulated sugar
- 5 tablespoon cocoa powder
- 2 teaspoon vanilla extract
- 1 egg beaten
- 1-1/2 cup graham wafer crumbs
- 1/2 cup finely chopped hazelnuts (or try pecans, walnuts or almonds)
- 1 cup finely shredded coconut

Middle Layer Ingredients:
- 1/4 cup unsalted butter
- 2 tablespoon milk
- 1 tablespoon 35% cream
- 2 tablespoon vanilla custard powder
- 2 cup icing sugar

Top Layer Ingredients:
- 4 ounce bittersweet chocolate
- 2 tablespoon unsalted butter

METHOD:

1. Melt first four ingredients in double boiler.
2. Add egg and stir to cook and thicken. Remove from heat.
3. Stir in crumbs, nuts and coconut. Press firmly into a greased 8" x 8" pan. Chill while you prepare the middle layer.

Middle Layer:

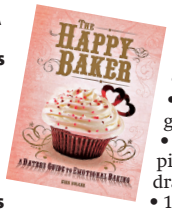
1. Using an electric mixer, cream all ingredients together, beating well until light in colour.
2. Spread evenly over chilled bottom layer. Place back into fridge to chill while top is being prepared.

Top Layer:

1. Melt chocolate and butter in a bowl over a double boiler.
2. Cool slightly — the chocolate should still be pourable.
3. Spread gently over second layer so as not to mix the two layers together.
4. Refrigerate until set.

Eat this, ex-boyfriends

The Happy Baker: A Dater's Guide to Emotional Baking is a collection of recipes matched with her own personal dating stories. She may not have always followed her mom's dating advice, but she did follow her mom's baking instructions, which always had a happy ending.



The Happy Baker: A Dater's Guide to Emotional Baking is available in select Chapters locations (call your local bookstore to check) and online at thehappybakerchick.com.

In the meantime, Metro borrowed this sumptuous (and sassy) recipe from the Happy Baker herself:

You Can Kiss My Triple Decker Carrot Cake Goodbye

It isn't yours for the taking anymore.

INGREDIENTS:
- 2 cups all purpose flour
- 2 tsp. baking powder
- 1 ½ tsp. baking soda
- 1 tsp. salt
- 2 tsp. cinnamon
- 2 cups sugar
- 1 ½ cups vegetable oil
- 4 eggs
- 2 cups finely grated carrots
- 1 can crushed pineapple, drained
- 1 cup walnuts, chopped
- 1 cup coconut

METHOD:

Preheat oven to 350 F (175 C) Grease and flour three 9-inch round cake pans.

In a large mixing bowl sift together flour, baking powder, baking soda, salt, and cinnamon.

Add sugar, oil and eggs; mix together for 3 minutes with a hand mixer.

Stir in carrots, pineapple, chopped nuts, and coconut.

Pour into prepared pans. Bake in preheated oven for 35 minutes or until centre is set.

Cream Cheese Icing

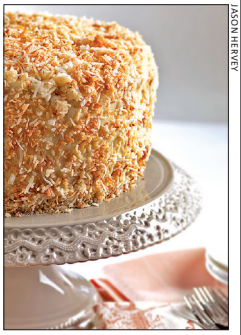
INGREDIENTS:
- ½ cup butter, softened
- 8 oz. package cream cheese, softened
- 500 g. icing sugar
- 1 tsp. vanilla
- ¼ cup toasted coconut for decorating

METHOD:

Cream together the butter and cream cheese. Add the vanilla. Stir in the icing sugar.

Spread evenly on the top of the first layer, add the second layer, spread evenly on that layer. Add third layer spread icing evenly all over cake. Spinkle with toasted coconut.

Refrigerate.



JASON HERVEY

You Can Kiss My Triple Decker Carrot Cake Goodbye.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

The when-in-doubt wine

A few weeks ago I mentioned that riesling-based wines were one of a number of '70s drinkables making a serious 21st century comeback and it's great to hear that so many of you agree.

I received at least a gigabytes worth of email suggesting the grape makes a happy union with everything from Chinese, Japanese and Mexican dishes to shellfish, poultry and most cheeses.

This ability to accommodate has made riesling the classic when-in-doubt wine. Of course it tastes great on its own, but it really shines when served with food. Also, the fact that it's grown so successfully around the world gives it an international personality (i.e. they don't all taste the same) that makes it even more appealing to the serious wine enthusiast.

Riesling's first home was Germany and soft, fruity wines like **Lingenfelder's 2005 Bird Label Riesling ($14.95 - $18.99)** are the modern face of the grape in that country. Tasting like biting into a juicy green apple; it's truly medium dry with a nice nip of acidity.

Australia's **Wolf Blass 2007 Yellow Label Riesling ($13.99 - $17.99)** has a bit more of that old school petrol aroma and a refreshingly dry flavour of apple and mineral.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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COLUMBIA PICTURES
JulieAndJulia.ca Read the Back Bay and Anchor Books
STARTS FRIDAY

Rosie, partner deny break up rumours
Contrary to tabloid reports, Rosie O'Donnell and longtime partner Kelli Carpenter-O'Donnell are not breaking up. "There is no truth to this — at all," says O'Donnell's rep. **PEOPLE.COM**

Entertainment

Hollywood hunk
Robert Pattinson was crowned Sexiest Man In The World by a British magazine. The Twilight heart-throb topped the list compiled by Glamour magazine to find the hottest Hollywood hunk.
FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Anjulie crafts fresh sound

Anjulie

Album: Boom
Label: Hear/Universal
Rating: ●●●●

CANADA HAS HAD a long history of breaking big female artists and its about to do it again. Oakville, Ont.'s Anjulie has been making music for a while, mostly writing for other people including Kreesha Turner, but her debut should catapult her onto the world stage. Her and her songwriting partner, the Philosopher Kings' Jon Levine, have put together a diverse collection of incredibly infectious sounds. While it's centred around R&B grooves, generous amounts of jazz, soul and bossa nova find their way in as well. Picture a more eclectic Nelly Furtado.

Bryan Borzykowski/for Metro Canada

Modest Mouse

Album: No One's First and You're Next
Label: Epic/Sony Music
Rating: ●●½

MODEST MOUSE IS no longer an obscure indie rock act, but don't expect their latest disc to get much play. This new EP consists of b-sides and unreleased material that dates back to 2004, and while these tunes have all the elements that have made the band famous, there's a reason these tracks never made albums. They're mostly unfocused — the angry Satellite Skin sounds like a single, but it's about as middling as a rock song can get. The six minute Whale Song is the best thing here, but otherwise this is the definition of filler.

Bryan Borzykowski/for Metro Canada

Music**Reviews**

music@metronews.ca

Boom is the debut album from Anjulie.

Lightning **Dust**

Album: Infinite Light
Label: Jagjaguwar
Rating: ●●●●

IF VANCOUVER'S BLACK Mountain is renowned for crafting stoner rock, then this second outing from this side project from BM's Amber Webber and Joshua Wells might qualify as stoner pop. At least that's the effect produced from combining Webber's shaky, reverb-drenched warbles with grand and electric pianos, soft background organ, acoustic guitar, spacey strings and the occasional wild drum fill. Save for the '80s-infused I Knew and goth-inspired Never Need, try imagining the eccentric beauty of an early Stevie Nicks singing in a Ziggy Stardust-era Bowie fashion.

Ian Nathanson /for Metro Canada

Dead and **Devine**

Album: The Machines We Are
Label: Jagjaguwar
Rating: ●●●

THE COMFORTABLE suburban streets of Burlington, Ont., continue to play ground zero for the Canadian emo-punk scene (Silverstein, Boys Night Out, Sydney). Dead and Divine try to carve out a path for themselves by mixing singalong melody with screamo metalcore and some pseudo-philosophical lyrics about our very essense (Is the stuff that flows through our veins chemical or biological?). This is a well-driven path, however, that is probably due for a detour. Dead and Divine is best at its darkest moments. Fortunately, there's plenty of darkness here especially in tracks like the wonderfully depraved Teeth and the crashing instrumental For Your Health.

Graham Rockingham/for Metro Canada

Watermelon **Slim**

Album: Escape from the Chicken Coop
Label: NorthernBlues
Rating: ●●●

YOU CAN'T GET more authentic truck-driving music than this. Watermelon Slim (a.k.a. Bill Homans) was hauling industrial waste in Oklahoma before deciding a few years ago to devote himself full time to the blues (he's also a Vietnam vet, a former newspaper reporter and a member of Mensa). Slim is a master of the slide guitar and harmonica and he plays the blues like he's lived them. Escape from the Chicken Coop is his first venture into Nashville and he pulls it off with the same grit that he plays the blues. Slim delivers ten original odes to his fellow long-haulers, plus four covers including a sublimely gospel version of Roy Acuff's Wreck on the Highway.

Graham Rockingham/for Metro Canada

Listen to this week's reviewed music at **metronews.ca/music**

Ledger targets whalers in video

MUSIC An animated music video directed by the late actor Heath Ledger debuted on the Web on Tuesday, and it's an attack on the whaling industry set to the song King Rat by rock band Modest Mouse.

The six-minute video cartoon uses irony to make a statement against whaling, by showing whales in a commercial vessel "hunting" for humans, which they harpoon, club to death and skin, before turning them into cookies. REUTERS

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IN THEATRES AUGUST 14

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Aniston off to jail for film

Jennifer Aniston is going to prison for her next flick. The actress, 40, will star in Goree Girls, based on a true story about an all-female country band that played in a Texas prison in the 1940s, Variety reports. USMAGAZINE.COM

Author faces lawsuit

Twilight writer Meyer accused of plagiarism

A writer plans to sue Twilight author Stephenie Meyer, accusing her of plagiarism by lifting passages from an obscure book she wrote called The Nocturne and using them in vampire romance Breaking Dawn, an attorney said Tuesday.

J. Craig Williams, who represents The Nocturne author Jordan Scott, told Reuters by phone that the passages in question involve few word-for-word similarities but that the two books have similar plot and character points.

Meyer's publisher, Hachette Book Group, called the accusation meritless, saying The Twilight Saga is entirely Meyer's creation and that she knew nothing of The Nocturne.

Breaking Dawn, which came out in 2008, is the fourth book in the series of novels about a teenager, Bella Swan, caught in a forbidden romance with vampire Edward Cullen.

The Twilight books, which the publisher says have sold 70 million copies worldwide, are the basis for a movie series from Summit Entertainment. The first film, Twilight, has earned more than $380 million at worldwide box offices, and the second, New Moon, hits theatres in November.

REUTERS

Stephenie Meyer, author of the popular Twilight series.

In a cease-and-desist letter Williams sent to Hachette Book Group, he provided comparisons from the two books of a wedding, a sex-on-the-beach episode and a passage where a human-turned-vampire describes the wrenching change.

"It shouldn't be surprising to hear that other people may seek to ride the coattails of such success."
Hachette Book Group in a statement

Hachette Book Group said in a statement that Meyer's books "have been a phenomenal sensation" and that "it shouldn't be surprising to hear that other people may seek to ride the coattails of such success."

Williams said Scott plans to file a copyright infringement lawsuit against Meyer this week or next in U.S. federal court.

"I think the fans have to read both books and make up their own mind, like a judge is going to have to," Williams said.

He said Scott does not plan to seek monetary damages. REUTERS

Tough times force ABC soap shuffle

TELEVISION ABC Daytime has said it will move production of All My Children to Los Angeles from New York in December as part of a cost-cutting plan.

Additionally, One Life to Live will move into All My Children's former New York space.

The new facility for All My Children is twice as large as its current one. It includes two stages, allows for more standing sets and for an immediate switch to high-definition TV. One Life to Live also will expand as its new home is 30 per cent larger than its current space.

All My Children will begin taping episodes in Los Angeles the week of Jan. 4, 2010, and will begin airing in HD in February. The move of One Life To Live to its new home will take place soon after All My Children relocates.

"The move to Los Angeles enables both All My Children and One Life to Live to dramatically improve the series production models and achieve significant efficiencies while enhancing each show," said Brian Frons, president of the daytime for Disney ABC Television Group.

"We had to examine every option on the table to combat the current economic realities, and rising costs of production, and we are doing it in a way that makes each of our shows stronger," he added.

All My Children has been on the air for 39 years, One Life to Life for 41.

All My Children airs every workday from 1 p.m. to 2 p.m., with One Life to Live following from 2 p.m. to 3 p.m. REUTERS

Bubble bursting?

- Once a staple of daytime programming, soaps have hit rough times. Earlier this year, CBS cancelled The Guiding Light after a 72-year run, replacing it with a new version of game show Let's Make a Deal.

	OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/6/09	primetime	265	353	2	TVO	Pacific Coast Highway		Korea: The Unknown War		Little Dorrit		Masterworks "Alice Neel"		
		211	331	3	GTV	ET Canada	Entertainment	Big Brother 11		The Office	The Office	House		News
		-	-	5	SRC	Des squelettes	Gars fille	Perdus (HDTV) (SC)		Bons baisers de France (SC)		Le Téléjournal et Les Nou		TJ Ontario
		209	342	6	CHRO	The Road to Avonlea		Greek "Barely Legal"		Grey's Anatomy		(10:02) Private Practice		Comedy Now
		196	311	7	CTV	Hollywood	Corner Gas	So You Think You Can Dance Winner is announced.				The Listener (N) (DVS)		News
		208	303	8	CBC	Coronation St.	Jeopardy!	India Reborn Culture and economic growth of India.				CBC News: The National		The Hour
		-	360	9	NBC	Wheel-Fortune	Jeopardy!	30 Rock	Parks-Recreat	The Office	30 Rock	Law & Order (HDTV)		News
		117	713	10	TVA	Dépenses xtr	Marché	Dr. House (HDTV) (SC)		Mollie (HDTV) (SC)		TVA 22 heures	Sucré-salé	*Psychose* (SC)
		-	-	11	QS	Grande fille	Avec Albert	*Meurtre à l'étage* (2005, Suspense) Tracy Nelson. (SC)				La Porte des étoiles (SC)		Call TV
		137	763	12	TFO	Panorama été	Météo	Tout simple	Villages	*Rien ne va plus* (1997, Suspense) Isabelle Huppert.				Météo
		-	362	13	CBS	Dr. Phil Flirtatious women.		Big Brother 11 (Live)		CSI: Crime Scene Invstgtn.		(10:01) The Mentalist		Two/Half Men
		216	395	14	OMN2	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
		214	344	15	CITY	Law & Order: SVU		30 Rock	Parks-Recreat	According-Jim	30 Rock	Law & Order: UK (N)		News
		115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
		218	345	18	E!	The Insider (N)	E! News	How I Met	'Til Death	Patrick Dempsey: True Story		The Beast (N)		News/Eleven
		-	361	20	ABC	Action News	Entertainment	Grey's Anatomy		Grey's Anatomy		(10:02) Private Practice		News
		512	396	24	CPAC	Tête-à-tête	Beyond Poli	L'Heure politique		Dossier public				Heure polit.
		651	355	25	CTS	Little House on the Prairie		Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
		-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance Winner is announced.				FOX 2 News (N)		News
		-	-	64	PBS	Business Rpt.	Adirondack	Spirit-Wine	Time Goes By	Miss Marple (Part 2 of 2)		Poldark		Charlie Rose
		205	312	104	CTV	Hollywood	Corner Gas	So You Think You Can Dance Winner is announced.				The Listener (N) (DVS)		News
	news	502	390	26	NW	CBC News	Marketplace	The Hour		CBC News: The National		The Nature of Things		National
		500	500	33	CNN	Lou Dobbs Tonight		The CNN National Report Card: The Second 100 Days (N)				Anderson Cooper 360 (HDTV)		
	sports	406	417	27	net	MLB Baseball Boston Red Sox at New York Yankees. From Yankee Stadium in the Bronx, N.Y.						Sportsnet Connected		Sportsnet Con.
		126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
		400	280	30	TSN	WEC WrekCage (N)		2009 World Series of Poker		2009 World Series of Poker		SportsCentre (HDTV) (Live)		
		410	403	52	SCR	Poker		When It Was a Game		Poker Asian Pacific Tour.		Score Tonight		Final Score
		411	457	56	OLN	Ghost Hunters		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters		Bounty Hunter
		417	406	59	SC	Pimp My Ride	Pass Time	Pinks – All Out (HDTV) (N)		Jacked! (N)	Jacked! (N)	Wrecked (N)	Wrecked	Pimp My Ride
	family	554	544	48	TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	*Monkeybone* ★ (2001, Comedy) Brendan Fraser.			
		557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
		551	542	65	YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Futurama	In Real Life "The Circus"		Falcon Beach (DVS)		Mystery Hnt.
	cable variety	570	580	29	MM	The Daily Fix		Ranked!		Celebrity Rehab With Dr. Drew		Entourage	Gene Simmons	The Daily Fix
		615	520	31	A&E	CSI: Miami (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Crime 360 (HDTV) (N)		Crime 360
		628	584	32	SPKE	CSI: Crime Scene Invstgtn.		UFC's Ultimate 100		TNA iMPACT! (HDTV) (N)				Jesse James
		521	560	34	TLC	LA Ink (HDTV)		Lottery Changed My Life		Police Women of Broward		LA Ink (HDTV) (N)		Police Women
		145	761	35	TV5	Destinations	Hep! Taxi	Club social		Envoyé spécial				Journal TV5
		616	521	39	SHO	The Outer Limits		Love-Death	Love-Death	*Loch Ness Terror* (2008, Suspense) Brian Krause.				House
		620	523	40	BVO	Storytellers	Camera	Opera Stories "Fausta"		*Crossing* ★★ (2005, Suspense), Crystal Buble			Bravonews	Law & Order
		520	505	42	DIS	Daily Planet		Great White Appetite (N)		Shark After Dark (N)		MythBusters		Daily Planet
		575	583	43	CMT	Kellie Pickler	Bon Jovi: One	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Tuckerville
		601	562	45	SLC	Skin Deep	Til Debt-Part	Last 10	Last 10	Last 10	10 Pounds	Bulging Brides	Bulging Brides	ET Canada
		625	548	46	COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Comedy Now (DVS)		Daily Show
		294	529	47	TBS	Family Guy	Family Guy	Friends	Friends	Friends	Friends	*The Ringer* ★★ (2005, Comedy), Brian Cox		
		600	564	49	H&G	House Hunters	Property Virgin	Handyman Superstar		Disaster DIY	Big Amazing	House Hunters	House Hunters	Holmes-Homes
		627	528	50	SPC	The Listener (N) (DVS)		Star Trek: Voyager		*Alien Siege* ★★ (2005, Science Fiction) Brad Johnson.				Stargate SG-1
		581	566	53	MTV	MTV Cribs	After	MTV News	Cribs	True Life "I'm Bi-Sexual"		Nitro Circus	Fantasy Fact.	MTV Live
		618	524	54	TROP	Traders		Inside Hollywood		Are You Smarter		Family Guy	Seinfeld	Seinfeld
		522	506	55	HIS	NCIS "Cover Story"		Ancient Discoveries		Lost Inventions		NCIS "Cover Story"		Sea Hunters
		129	773	60	CD	Alerte animale (HDTV)		Les Grands travaux (HDTV)		Docu-D "L'Homme-loup"		Un tueur si proche		Science du
		261	394	61	V	Murder, She Wrote		Wait for God	'Allo, 'Allo!	*The Terry Fox Story* ★★ (1983, Docudrama) Eric Fryer.				Poltergeist
		602	567	62	W	Style by Jury	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	Love It-List It	House
		269	350	70	APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Wild Wild West* ★ (1999, Action) Will Smith, Kevin Kline, Kenneth Branagh.				
		621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	Hollywood	Paris Hilton's My New BFF		Tonight Show-Conan O'Brien		TMZ
		603	561	95	FN	Chef at Home	Crash-Kitchen	Restaurant Makeover		Jamie's Kitchen		Ace of Cakes	Ace of Cakes	Boys Weekend

critics'corner

Monkeybone
How can a movie with such cool special effects be so totally awful? Don't ask, and don't watch, if you value your brain cells. A great cast that includes Brendan Fraser, Rose McGowan, Megan Mullally and Whoopi Goldberg — as Death! — is wasted on this uneven tale of a cartoonist trapped in a weird alternate universe after an accident puts him in a coma. Among the denizens of said universe is a comic-strip character of his own creation, Monkeybone, who may be the most unlikable nonhuman movie character since Jar Jar Binks. 9:30 PM on 48 TEL

30 Rock
A dazzled Liz (Tina Fey) invites her idol, Rosemary Howard (guest star Carrie Fisher), to be a guest writer, but the radical sketch ideas Liz once admired are far too controversial for the show. Kenneth (Jack McBrayer) must compete in a "page-off" to keep his job after Jenna (Jane Krakowski) ruins his uniform jacket. Scott Adsit and Judah Friedlander also star in "Rosemary's Baby." 8 PM on 15 CITY 9 NBC

Paramount skips G.I. Joe previews

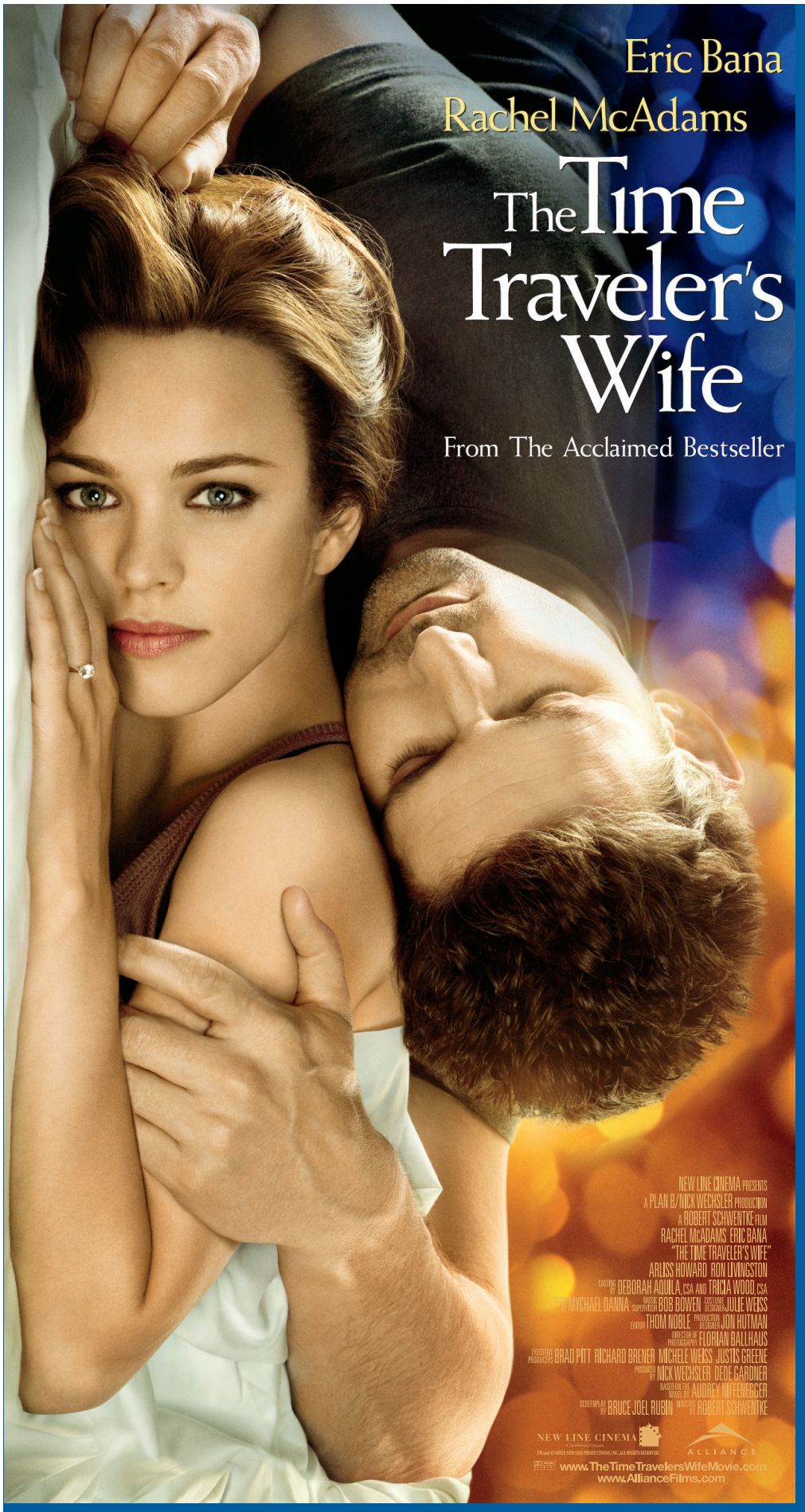
FILM Paramount will open its big summer movie G.I. Joe: The Rise of Cobra on Friday without screening it beforehand for critics. Studio executives say they are trying to protect Joe from the kind of critical savaging unleashed on the recent Transformers sequel. Must-see interest for the movie is so high that many industryites foresee a $50 million US opening weekend for Joe.

Orphanage remake in works

HORROR Filmmaker Larry Fessenden, a veteran of the low-budget horror world, has signed on to direct The Orphanage, which will be a remake of the Guillermo del Toro-produced Spanish-language horror movie.

Beach joins Austin in The Stranger

ACTION Adam Beach will star opposite Stone Cold Steve Austin in The Stranger, an action vehicle for the wrestling star. The man-on-the-run story follows an FBI agent (Beach) who is tracking down a material witness (Austin) involved in a top-secret investigation. REUTERS



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ALLIANCE

WITTNAUER swiss

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Kim shakes things up

Kim Kardashian isn't just sitting around after her breakup with Reggie Bush, people.com reports. According to her sister, Kourtney, the reality star is making a life change. "We actually went looking for houses yesterday," she told Ryan Seacrest Wednesday. METRO NEWS SERVICES

Celebrity Buzz

Some father, Ryan's son says

FAMILY FEUD More tales of Ryan O'Neal's questionable parenting are surfacing. His oldest son, Griffin O'Neal, remembers when his father introduced him to illicit drugs.

"I was 11 years old when he gave me cocaine and said we are going to see a long movie called Barry Lyndon," Griffin recently told Larry King. "He said, 'It is a very long movie. Maybe this will help you.' I was 11."

Griffin also doubts Ryan's grief over Farrah Fawcett's death. "All those crocodile tears. My dad's only goal was to make sure he would be in the will," he said. "It was so disgustingly transparent as soon as he found out she was terminal. I consider him a vulture presiding over a carcass."

METRO WORLD NEWS

Selena reflects on dating Taylor

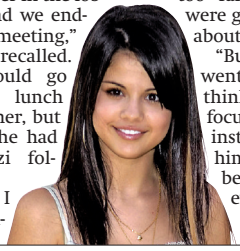
TEENAGED LOVE Selena Gomez confirms she is no longer dating Twilight star Taylor Lautner, usmagazine.com reports.

"He's a great guy. But I am 100 per cent single, and I'm going to keep it that way for a while," she told Seventeen.

She says they met earlier this year in Vancouver while he was shooting New Moon and she was filming Ramona and Beezus.

"Kristen (Stewart) was staying in my hotel. He would visit her, so we were constantly running into each other in the lobby — and we ended up meeting," Gomez recalled. "We would go out to lunch and dinner, but I knew he had paparazzi following him and I had paparazzi following me. So we literally just wanted to hang out, go bowling and stuff, and it went a little too far, I think. People were getting a little crazy about us.

"But it was fun — I went to Vancouver thinking I was going to focus on my work, but instead I got to meet him, and it ended up being the best thing ever." she said.



METRO NEWS SERVICES

Baby on the way for Penelope

PREGNANCY Penelope Cruz is having Javier Bardem's baby, a source confirms to Just Jared. "Penelope is about four months pregnant," the source said.

"She's really healthy now and will be a great mother." But don't expect the two actors to tie the knot anytime soon. "When I (have babies), I want to do it really well," Cruz said in the latest issue of Britain's Psychologies magazine.

"I want it to be my best project in life. I don't know if I believe in marriage. I believe in family, love and children."

METRO WORLD NEWS

Kelly reaches custody deal

UGLY BATTLE Kelly Rutherford and her ex-husband Daniel Giersch have settled their custody battle, femalefirst.co.uk reports.

According to paperwork filed, the two will relocate to New York while Rutherford shoots Gossip Girl there. They will share joint custody of their two kids, TMZ.com reports.

At the height of the pair's custody battle, Rutherford accused her ex of being "angry" and admitted she had hired a private detective to install cameras in her ex's Los Angeles home — to check on his parenting.

Rutherford also asked a judge to help the parents settle a toilet-training disagreement.

METRO NEWS SERVICES

Jessica takes breakup badly

OVERREACTING? Jessica Simpson takes breakups very seriously. The singer, who recently split from football star Tony Romo, even compares getting over a breakup to a mourning process.

"You go through the mourning stage, then the rebellion, and then all of a sudden you have to find life by yourself," Simpson said, according to Hollyscoop.

"Once you do that, you feel complete — and that's the only time you can truly fall in love again, and give yourself over completely to another person. It's like a death in the family."

METRO WORLD NEWS

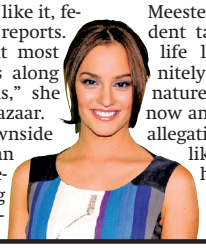
Fame a rough ride: Leighton

A DOWNSIDE TO EVERYTHING Leighton Meester understands that being on Gossip Girl puts her in the spotlight — but she doesn't have to like it, femalefirst.co.uk reports.

"I don't want most of what comes along with all of this," she told Harper's Bazaar.

One downside came when an ex-boyfriend began shopping around an alleged sex tape. "(The tape) is not real, so it makes me sort of sad," she said. "It's unfortunate that it got carried as far as it did."

Meester says the incident taught her some life lessons. "I definitely understand the nature of people better now and that the mere allegation of something like that could be headline news."



METRO NEWS SERVICES

Paula ditches Idol ship

CAREER CHANGE It looks like American Idol will return in January without one of its founding judges. Paula Abdul announced on Twitter that she won't be returning to the hit series.

"With sadness in my heart, I've decided not to return to Idol. I'll miss nurturing all the new talent, but most of all being a part of a show that I helped from day one become an international phenomenon."

Idol's studio, Fox, released a statement saying they are "saddened that she has decided not to return to the show."

METRO WORLD NEWS

I could've been Brit: Ashley

REFLECTIONS Growing up in the spotlight, Ashley Olsen is glad she's ended up on an even keel. "I look at Britney Spears, and I'm surprised I didn't end up like her," Olsen told Marie Claire in its new issue.

A television star even before she and her twin sister, Mary Kate, could talk, Olsen remembers her childhood schedule being beyond busy. "It was almost like I was in the Army: School, work, homework, fly to New York, get in at two in the morning, do a morning show at 5 a.m., then another one at 7, then a radio interview at 10."

METRO WORLD NEWS

Dustin sues over sex pics with ex

DAMAGE CONTROL Screenwriter Dustin Lance Black is suin a website that published X-rated photos of him and an ex-lover, according to Page Six.

Black is seeking $3 million US in damages from starzlife.com over invasion of privacy, copyright infringement and violation of the right of publicity. Black says he thought his ex-boyfriend had deleted the photos long ago.

METRO WORLD NEWS

Don't judge me, Sienna pleads

SELF DEFENCE Sienna Miller is getting tired of having to explain her love life to people. "I do think sometimes people get morally superior without understanding situations," Miller told GQ in response to her relationship with actor Balthazar Getty.

"The situation I got into (with Getty) was not ideal, but it happened and if I could go back and be more responsible, I would," Miller insisted. "Well, I probably would be less naive about ignoring the fact that people care."

GETTY IMAGES

METRO WORLD NEWS

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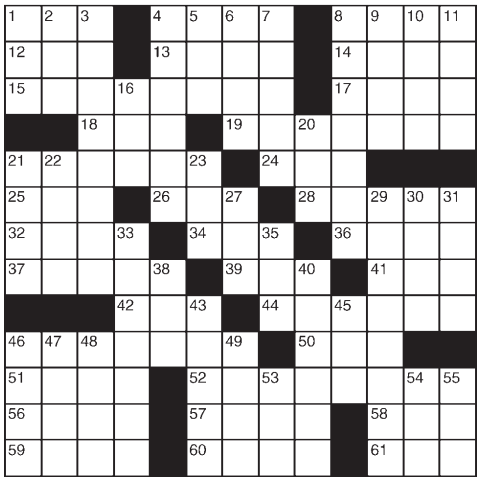
Take Five



ACROSS

1 Elmer, to Bugs
4 Prison
8 Tiers
12 Gabor or Peron
13 Relaxation
14 Send forth
15 "The island of romance," in song
17 Baseball team
18 Do sums
19 "Rockabye Baby" site
21 Russian wolfhound
24 Tend the lawn
25 Mound stat
26 "— Miniver"
28 Cheesy chip
32 Dracula's usual target
34 Conger, e.g.
36 Reclined
37 Clan emblem
39 — -tac-toe
41 Sleuth
42 Addressee
44 Procession
46 Constricting snakes
50 Moment
51 Timber wolf
52 Merchandisers' mailings
56 By word of mouth
57 First victim
58 Bumped into
59 Existed
60 Samples of wordplay
61 Lad

DOWN

1 Year-end abbr.
2 Eventual aves
3 Waterfall
4 Hardly ever
5 — chi
6 "It — Fair"
7 Get more ammo
8 Cancellation's opposite
9 Leave out
10 Drunkard
11 Put one's foot down?
16 Wood-shaping tool
20 A billion years
21 Crooked
22 Sandwich treat
23 Anger
27 Prepared
29 Underground cemetery
30 Wasted no time
31 Erstwhile
33 Peeper's place?
35 Pitcher part
38 Dr. Seuss' "Mr. Brown Can —! Can You?"
40 Cellist Pablo
43 Open a bottle
45 Cath. or Prot.
46 Clear of snow
47 Bygone times
48 Ski lift
49 Moviedom's "Elephant Boy"
53 Sawbuck
54 Earth (Pref.)
55 Pigs' digs

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		6	7			8		
5	4			2	6			
9			8				4	
8				6				3
		4				1		
2				9				5
	5				7			4
			1	3			5	2
		1			9	3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

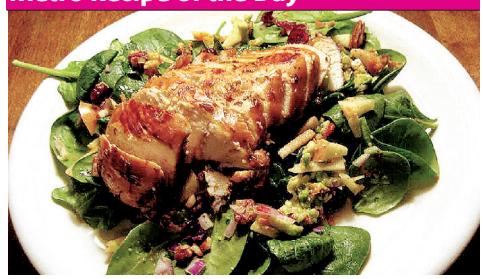
A	S	K		F	A	R	M		D	A	M	E
R	U	N		O	G	E	E		O	D	O	R
I	C	E		D	O	G	E	A	T	D	O	G
A	H	E	A	D			T	I	C			
			B	E	E	S		L	O	B	B	Y
U	N	D	E	R	D	O	G		M	I	R	E
F	I	E		S	U	P	R	A		R	I	G
O	G	L	E		C	H	I	L	I	D	O	G
S	H	E	L	F		S	P	I	N			
			A	D	O			M	A	G	I	C
D	O	G	P	A	D	D	L	E		O	D	E
I	R	I	S		D	O	I	N		O	L	D
G	E	N	E		S	E	P	T		D	Y	E

3	8	1	9	6	4	5	2	7
6	9	5	3	2	7	8	4	1
2	7	4	1	5	8	3	6	9
4	5	2	6	3	1	9	7	8
8	3	6	4	7	9	2	1	5
7	1	9	2	8	5	4	3	6
1	6	8	5	4	2	7	9	3
9	4	7	8	1	3	6	5	2
5	2	3	7	9	6	1	8	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



CHRISTY PENGILLY

Apples, Avocado and Balsamic Chicken Salad

submitted by a Club Member!

Submitted by Melanie Glenwright, Winnipeg,

INGREDIENTS:
4 boneless, skinless chicken breasts
3 tsp olive oil
1/3 cup balsamic vinegar
1/2 cup chicken stock
2 tbsp sugar
1 clove garlic, crushed
1 tsp dried Italian seasoning

BALSAMIC VINAIGRETTE:
1/4 cup balsamic vinegar
2 tsp dark brown sugar, optional
1 tbsp chopped garlic
1/2 tsp salt
1/2 tsp freshly ground black pepper
3/4 cup olive oil

SALAD:
4 cups baby spinach leaves
1 tbsp dried cranberries
1 tbsp chopped salted pecans
1/2 apple, cored and diced
1 tbsp diced red onion
2 tbsp grated carrot
1/2 avocado, peeled and diced

METHOD:
Set chicken in a shallow bowl. Add combined vinegar, chicken stock, sugar, garlic and seasoning. Marinate chicken 10 minutes on each side. Remove chicken and set marinade aside. Mix vinaigrette ingredients in small bowl and chill.

Place marinade in small saucepan and bring to a boil. Reduce heat to low and simmer. Assemble spinach, cranberries, pecans, apple, onion, carrot, and avocado on plates and chill.

Briefly heat olive oil in a large skillet over medium-high heat. Add chicken, and cook each breast 4 minutes each side (or until browned). Add marinade to skillet and continue cooking 3-4 minutes, turning breasts until cooked through. Pour vinaigrette on salad then top with warm chicken. Serve.

SERVES 4
PREP TIME: 20 MINUTES
COOK TIME: 10 MINUTES

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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You must not limit yourself in any way, shape or form. Be active, be ambitious and be the one who always seems to make things happen.

TAURUS
APRIL 21-MAY 21
You may have to get tough with someone you love today but if you don't do it now they will make a huge mess of things later on.

GEMINI
MAY 22-JUNE 21
Cosmic activity makes it easy for you to win others over to your way of thinking. That does not mean that your way of thinking is right.

CANCER
JUNE 22-JULY 22
In the next few days you will get an offer that's hard to turn down. It will mean more work, but also more prestige and, in the long term, more money.

LEO
JULY 23-AUG 23
Look out for your own interests today and ignore those who say you're being selfish. Something special will happen over the next 24 hours.

VIRGO
AUG 24-SEPT 22
Today's lunar eclipse may tempt you to give up on something that's taking up time and energy, but if you stop now you will regret it later. Keep at it.

LIBRA
SEPT 23-OCT 23
This is a good time for friendships and social activities but watch you don't spread yourself too thinly. There is only so much of you to go around.

SCORPIO
OCT 24-NOV 22
You won't reach certain targets without assistance, so look for people who can give you a leg up. Someone will be glad to help you if you ask them.

SAGITTARIUS
NOV 23-DEC 21
Everything is going well for you now and life will be even more enjoyable over the next few days. You don't have to make much effort right now.

CAPRICORN
DEC 22-JAN 20
The sun in Leo puts the emphasis on your long-term wealth. Over the next few weeks you'll be more adventurous financially — but don't risk everything.

AQUARIUS
JAN 21-FEB 18
If you have fallen out with a partner, loved one or friend, or even someone you work with, make it a priority today to get back on good terms with them.

PISCES
FEB 19-MARCH 20
Someone you work with will be aggressive today but you must not be aggressive in return, or your relationship will be irrevocably damaged.

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1. Possess a traffic pylon (1)
2. Noontime meal gang (1)
3. Drill a hole into a room bottom (1)
4. Combining-of-companies advocate (2)
5. Negatively reviewed a rope of pearls (1)
6. Group spirit in a livestock pen (2)
7. Singer Houston's small buses (2)

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ANSWERS
1. OWN CONE 2. LUNCH BUNCH 3. HOME FLOOR 4. MERGER URGER 5. PANNED STRAND 6. CORRAL MORALE 7. WHITNEYS JITNEYS

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